

## WHAT IS BULLYING?

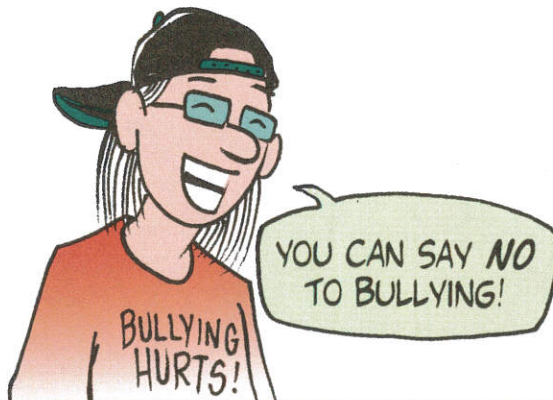
Bullying is when one person, or a group of people, repeatedly do things to hurt someone else. A person can bully in person or in texts, emails or instant messages. Bullying can include:

- Name-calling, threats or teasing.
- Playing mean or embarrassing jokes or tricks.
- Saying mean things about someone or never letting them join in activities.
- Punching, pinching, shoving, hitting, choking, biting or spitting.

If you see someone being bullied:

- ✓ Don't laugh. Say, "This isn't OK."
- ✓ Try to help the person who is being bullied.
- ✓ If you are being bullied, try to walk away.
- ✓ If the bullying doesn't stop, tell an adult. Remember that asking for help is not the same as tattling.

## IT'S NEVER OK TO BULLY



## YOU CAN SAY NO TO BULLYING

Like Luann and her friends, if you see bullying, you can do something to stop it. Say you don't like it. Help the person who is being bullied get away. And, if you are afraid you or the person being bullied will get hurt, get help from an adult right away. You can make a difference!

Luann characters © GEC Inc. Distributed by UFS, Inc.  
Illustrated by Greg Evans. Special thanks to our peer reviewers from Gault School and the Santa Cruz Boys & Girls Club.  
©2003 Journeyworks Publishing. Revised 2009. All rights reserved.  
Please do not photocopy or otherwise duplicate this pamphlet.  
Printed on recycled paper.

Title #5313 (Rev. 1/09) ISBN 978-1-56885-313-0

For ordering information contact:  
**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 [www.journeyworks.com](http://www.journeyworks.com)



# BULLYING

## It Hurts Everyone!



THE **Luann**™ HEALTH SERIES



# BULLYING

## It Hurts Everyone!

