

Bullying is NEVER OK

To you who are bullied:

- It is not your fault. You have the right to spend time in school peacefully and safely.
- Be brave and confide in someone. Schools will protect you, no matter what.
- Remember that your life is the most precious thing, so do not forget to make yourself top priority.



To you who are bullying:

- Have you ever imagined others' feelings when you bully them? Are you sure you are OK with that?
- Your thoughtless actions may take you down a path of no return. Your friend might be smiling on the outside, by crying on the inside.
- There's something troubling you as well, right?

To you who are standing by and watching bullying happen:

- Standing by and just watching someone be bullied is the same as bullying itself. It does not matter if you are not directly involved.
- Please tell someone. Be brave and speak to someone that you can trust, such as a family member, teacher, or friend, right now.
- If you think it is difficult to do something by yourself, please ask others to help you. Your courageous actions will rescue your friend.

How about your school or class?
Each of us should

**"Not bully, not allow bullying,
and not ignore bullying"**

Your consideration to friends and your efforts to diminish bullying is the first step to make school comfortable for everyone.

Related institutions for consultation

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http://www.kyoto-be.ne.jp/gakkyou/cms/?page_id=118/

FAX---075-414-5837