

# FACT FILE: Say no to bullying

**Bullying can happen to me or you or anyone. Millions of children around the world are bullied every year, but there are things that we can all do to help.**

## What is bullying?

Bullying is when someone makes you feel bad or hurts you again and again. Bullying can happen at school, out of school or online. Bullying includes:

- calling people mean names
- laughing at people
- telling lies about people
- taking someone's things without permission
- not letting someone play in a group
- hitting people.



## What is cyberbullying?

Cyberbullying happens online and includes:

- sending mean messages
- sharing photos without permission
- not letting someone be part of an online group.

## What can you do?

If someone is mean to you, tell an adult that you know and like. For example, talk to a parent or a teacher. You can block a person who sends mean messages online. Ask an adult to help you. Don't reply.

Talk to your parents or teacher or an adult that you know well if you see bullying or if you are worried about a friend.



Say sorry if you are mean to someone. You can write a message or talk to the person. Think about how to be kind in the future.

We can all help to say no to bullying.

1) With the video from the blog AND this text, make a mindmap with framindmap :

<https://framindmap.org/mindmaps/index.html>

Then paste (colle) it in this document = on the **blog** there is the **tutorial** to use **framindmap**.



2) **In the text** : find the English for :

N'importe qui :	méchant :	se moquer :
Mensonges :	partage :	répondre :
Inquiet :	gentil :	

3) **With the text AND the video, give your definition of BULLYING : 3 lines minimum (no Google Translate !)**

4) **With the second video on the blog, give advice (conseils) to a victim of bullying :**

5) **Finally, if you see an act of bullying, what do you have to do (use the text) :**