

SAY

NO



TO

BULLYING



Telling is not 'grassing' you may be helping others like you



You can be bullied in different ways – name calling, being ignored or getting nasty text messages



Teasing can be as bad as bullying



**ASK YOUR TEACHER
HOW YOUR SCHOOL
CAN USE THESE CARDS
TO HELP STOP BULLYING**

www.niccy.org

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You can also contact us by Minicom on 028 9031 6393, or by using the Relay Services to contact NICCY's telephone number (028 9031 1616).

Please contact the Communications and Participation team at NICCY if you require alternative formats of this material.

NICCY

northern ireland commissioner
for children and young people