

ANGRY

When somebody is bullying you, it is important to show no fear and, calmly, to explain that you are the same

UNDERSTAND

Even if someone looks different than you, try to understand why. Almost every time, you can learn that somebody different can be a very good friend of you

HELPFULL

The best approach when you are bullied is to ask for help from an adult or from your friends. If you see another child being bullied, help her/him, even by defending against the bully

**TALK WITH
FRIENDS**

When you become sad because someone is bullying you, tell about to your friends, discuss with them and ask for their support

**TO BE NICE
IS FOR
SPECIAL
PEOPLE**

Anybody can be a bully, but only special people can be nice with anyone. It is very easy, also, to be nice. It is suffice to avoid to be rude, offensive or aggressive

BE CALM

A bully might be satisfied
when get you angry, scared
or sad. You can prevail
when you are calm, without
being defensive

ASK FOR HELP

When somebody is bullying you tell to a teacher or supervisor, to your parents or relatives, to you friend or even ask for help to Child Protection. If you acknowledge or know about other child being bullied, ask for help from a teacher or supervisor, from your parents or relatives, or even ask for help to
Child Protectio

CRY

Although it is normal to cry when another child is bullying you, try to remain calm. Also, if you see another child being bullied, try to get close of her/him, defend and calm down

HARMFUL

Any form of bullying is harmful. Instead of saying bad words or acting aggressive you can nothing or try to find nice words. Even you can be harmed by anybody else

**I'M DIFFERENT
AS WELL**

If you say bad words or have
and aggressive behavior
against other child only because
you assume that child is different
in any way, think that
you are different as well. To be
different is not a reason to
bully or to be bullied

AVOID

If you are bullied, your first reaction might be to avoid the bully. It is good for short term, but is better if ask for support from a teacher or supervisor, from you parents or relatives, from your friends or even from Child Protection

FEAR

You can be afraid when somebody is bullying you. However, every time, try to be calm, to think and discuss with the bully. Fear will not help you. On the other hand, if you want to provoke fear to other child, it is good to know that you can prove yourself stronger by being friends

**ASK
FRIENDSHIP**

Instead of bullying another child, is better to ask friendship. You can play together, you can learn together, you can have good time together

BE CORAUGEUS

Very often, a bully wants you to get you afraid. By being courageous and not loosing your temper you can discourage the bully

ASK AN ADULT

Every time when somebody is bullying you, ask for help and support from an adult: a teacher or supervisor, your parents or relatives. Also, you may contact even the Child Protection

PLAY

Anytime is better to play
with other children instead
of bullying them

EXPLAIN

Every time when you face a
bully, don't cry, don't run
away. Explain to the bully
your situation

JOKING

One of the best part of the childhood is joking and having fun. However, it is always better to have joke between friends, instead of having jokes about somebody else or, even worst, to use jokes to hurt somebody else feelings

**ISOLATE
YOURSELF**

When you are bullied, don't isolate yourself. Ask for help from teacher or parents, discuss with friends

JOY

Instead of bullying another child, you can play together. Sharing joyful moments it is more better for everybody

SMILE

If somebody is bullying
you, respond with a smile.
It is better than being upset
or violent

CARE

When you see another child being bullied, defend her/him and take care about her/his emotions and feelings. If the bullying situation was with physical violence, might be need to take care about bruises or other small injuries might suffered

BE STRONG

When somebody is bullying
you, it is important to show
no fear and, calmly
to explain that you are
the same

SUPPORTIVE

When you see a colleague
or any child being sad or
being bullied, go to
her/him and offer your
support. It easy to be
supportive and you might
have, in exchange,
a great friend

START



Robotics vs
Bullying