



Bullying at School: Speak Up!

Bullying isn't always loud.

Violence can be verbal or written, physical or psychological, in person or online.

Are you being bullied?

Or did you see someone use violence against another student? Check out your school's **plan to prevent and stop bullying and violence**.

It includes:

- how to report bullying,
- how your complaint stays confidential,
- what happens to the bully,
- ways to support victims and witnesses,
- and more!

Not sure
where to start?

Talk to an adult you trust
at your school or at home.

You can also contact
Kids Help Phone:

Call: 1-800-668-6868

Text message: 686868

Learn more about your rights
and what your school
can do to help:





Need Support? You're Not Alone.

**Struggling with school,
focus, emotions or stress?**
Your school might offer services.

Your well-being matters!
Ask what services are available.

For example:

- school psychologists and guidance counsellors,
- speech therapy,
- health and social services (ex.: nurse, social worker).

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ADHD, Anxiety, Depression? Ask for Support!

**Do you have a condition
that makes learning harder?**

Your school might be able to help.

Together, you and your school can come up with
a plan so you have an equal chance to succeed.

For example, you could get:

- extra time to finish a test,
- specific learning tools to help you.

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