



Haldimand, Norfolk & Neighbours

# Name It 2 Change It

Community Campaign Against Bullying!

Take A Step:

## I Can't Take It One More Minute!

It WILL get better but Bullying wants you to think it won't! That's its trick. You don't have to be alone with bullying. Tell someone you trust NOW or call for advocacy (someone who will DO something) at 1-866-327-3224. It doesn't matter what time of day!

Need to talk to someone immediately

**1 866-327-3224**

24hrs/7 days a week- for Haldimand & Norfolk



**Fast Fact: You are not alone!  
1 out of 4 kids are bullied.**

Here's what your peers and classmates in Haldimand and Norfolk have to say to you about bullying:

**"Bullying wants to rule the world and destroy people."**

"Letting it out is not ratting it out – in serious situations, tell..."

"We resist by being ourselves, knowing who we are, and feeling good about ourselves."

"Be in control of your emotions."

"Bullying affects all of us - try to be open-minded – things can be different even though bullying has been happening for a very long time."

Write about what's happening and give this to someone:



"I have a bullying problem. I don't know how to make it stop. It has been going on for... " (how long)

Write about what's happening:

Write about how you're feeling:

Write about what you need:

**Surf Safely to:**  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.bullyingcanada.ca](http://www.bullyingcanada.ca)  
[www.nameit2changeit.ca](http://www.nameit2changeit.ca)  
[www.mindyourmind.ca](http://www.mindyourmind.ca)

By:



**Stand up to Bullying-TELL someone | Take an Anti-bullying STEP**

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