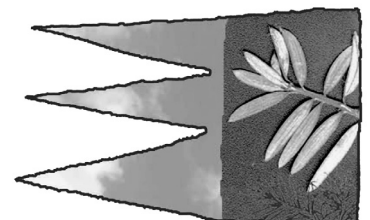
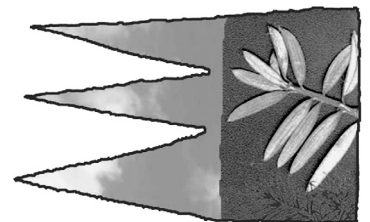
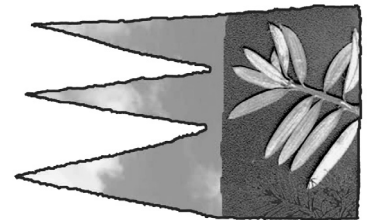
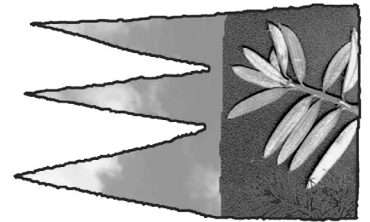


Help Card 1

Ben is being bullied by a group of boys who wait for him on the way home.

Method of Getting Help

Ask for help directly from your teacher.

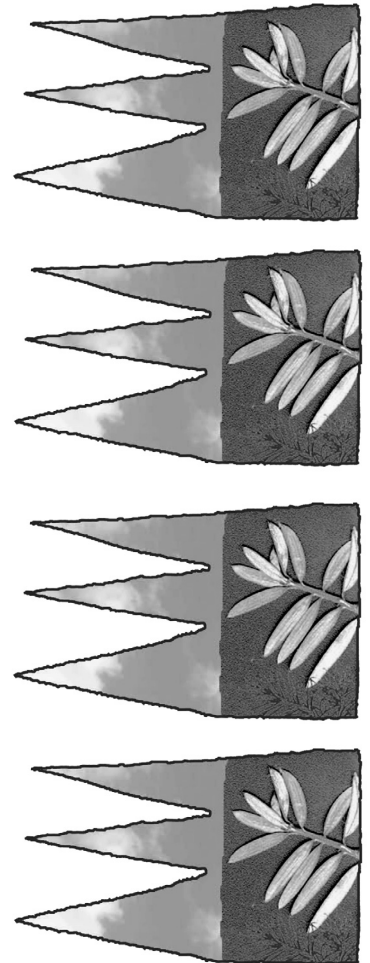


Help Card 2

Josie doesn't want to go to her dancing class anymore because other kids laugh when she finds it hard to do new steps.

Method of Getting Help

Write a letter to the dancing teacher.

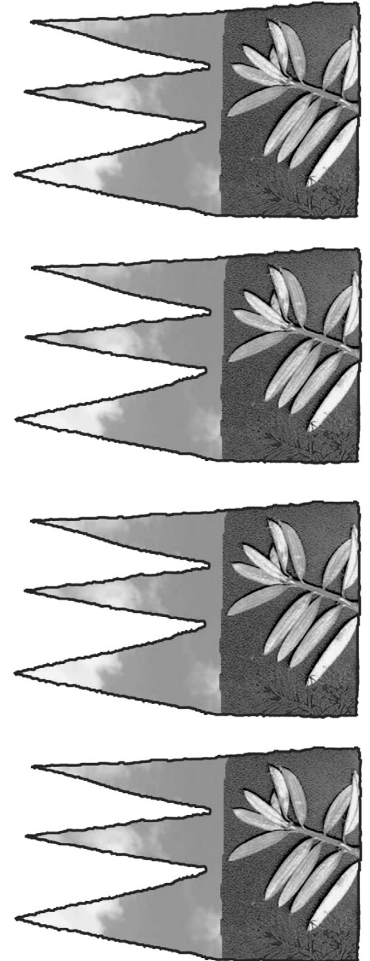


Help Card 3

Jayant hates school because the other kids are picking on him. This is making him feel sick and unable to do his schoolwork.

Method of Getting Help

Tell his grandfather how he is feeling.

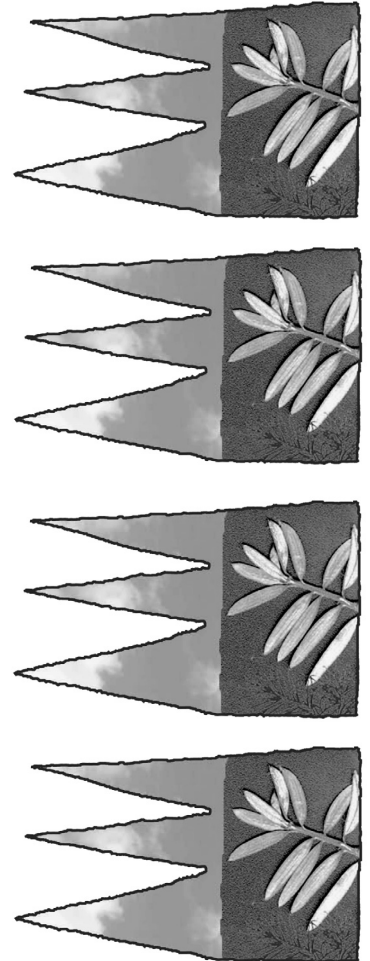


Help Card 4

Awhina is being bullied by her big sister. It is making her very unhappy. It usually happens at home where they share a bedroom.

Method of Getting Help

Fill out a Kia Kaha Card

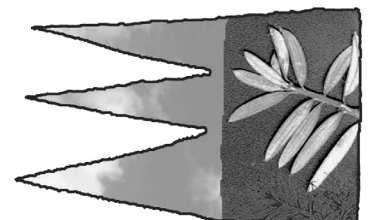
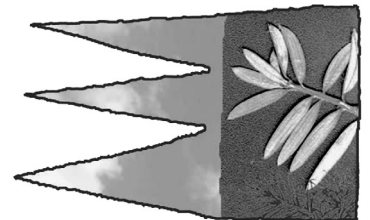
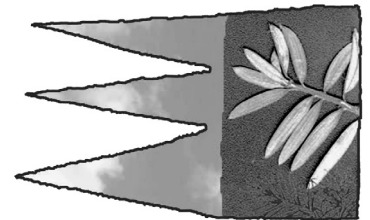
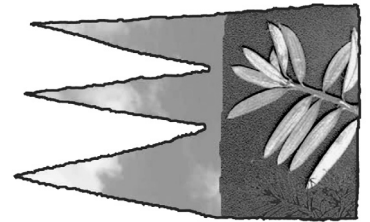


Help Card 5

Rangi's lunch has been pinched for the third day running. He knows that Lucy has taken it. She has threatened to give him a hiding if he tells.

Method of Getting Help

Hanging around the staff room door, hoping someone will ask what is wrong.



Help Card 6

Helen is being threatened by a group of older kids at school. They take her things and say they will hurt her if she tells.

Method of Getting Help

Tell a friend.

