Anti-Bullying

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Bullying is serious because,it harms feelings,makes people lose confidence and has a really bad effect on you and the person your bullying.

There are multiple ways to stop bullying, first I would recommend telling an adult or a teacher about what's happening.

Bullying is a very serious offence and it causes serious effects on the victim(s) such as: **low self esteem**, **emptiness** and **depression**. To stop bullying you need to talk to someone about it and get it out because it hurts more when you keep it inside. For **cyberbullying** I recommend initially telling the **perpetrator** to stop and if that doesn't work report them to authorities on the application or the **authorities** in real life such as: garda and parents