

# The Four Anti-Bullying Rules\*

- **We will not bully others.**
- **We will try to help students who are bullied.**
- **We will try to include students who are left out.**
- **If we know that somebody is being bullied, we will tell an adult at school and an adult at home.**

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\* The Four Anti-Bullying Rules are taken from the *Olweus Bullying Prevention Program*, by Dan Olweus, Susan P. Limber, Vicki Crocker Flerx, Nancy Mullin, Jane Riese, and Marlene Snyder. Center City, MN: Hazelden Publishing, 2007.

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# CYBER BULLYING HURTS