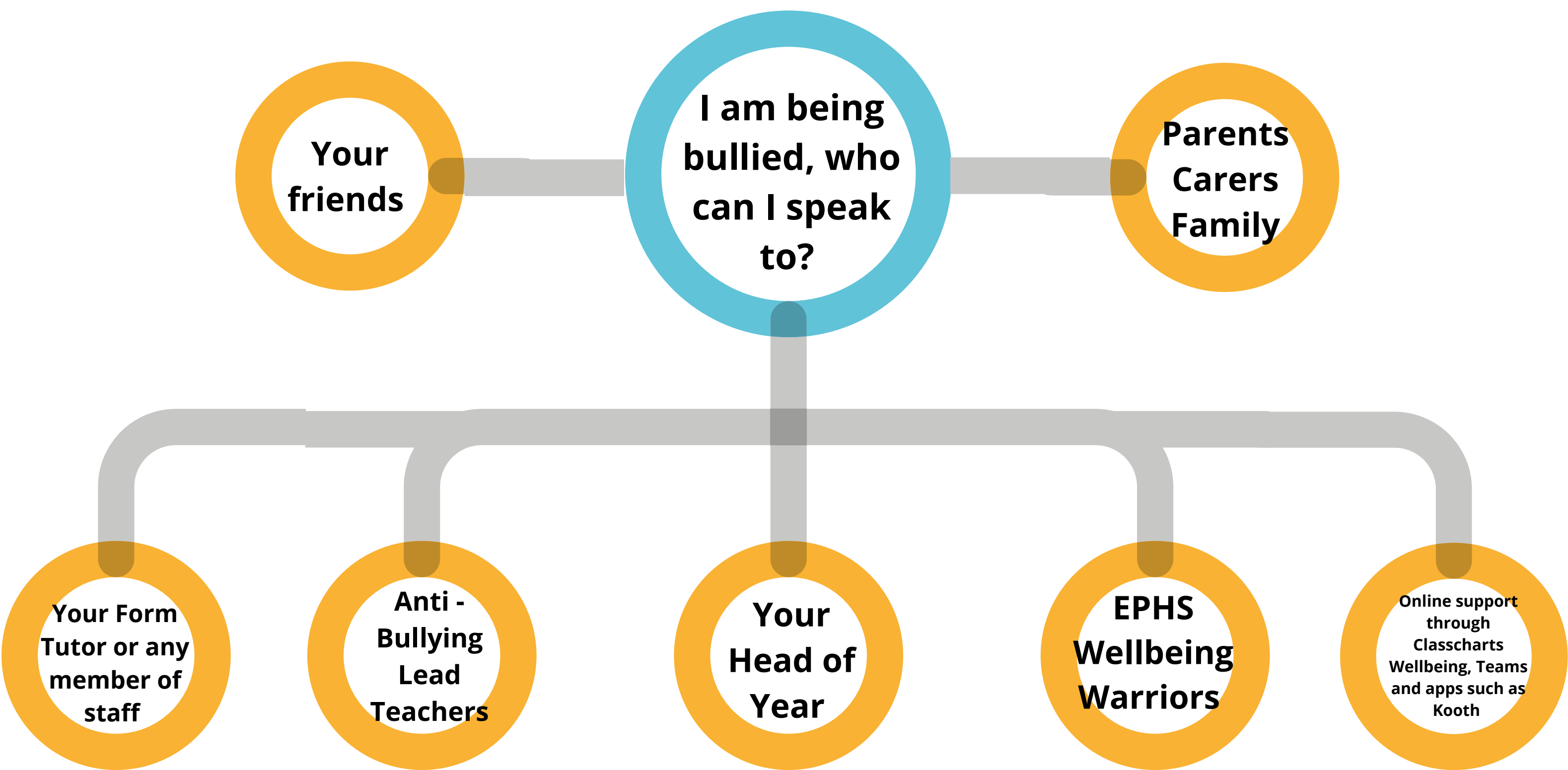


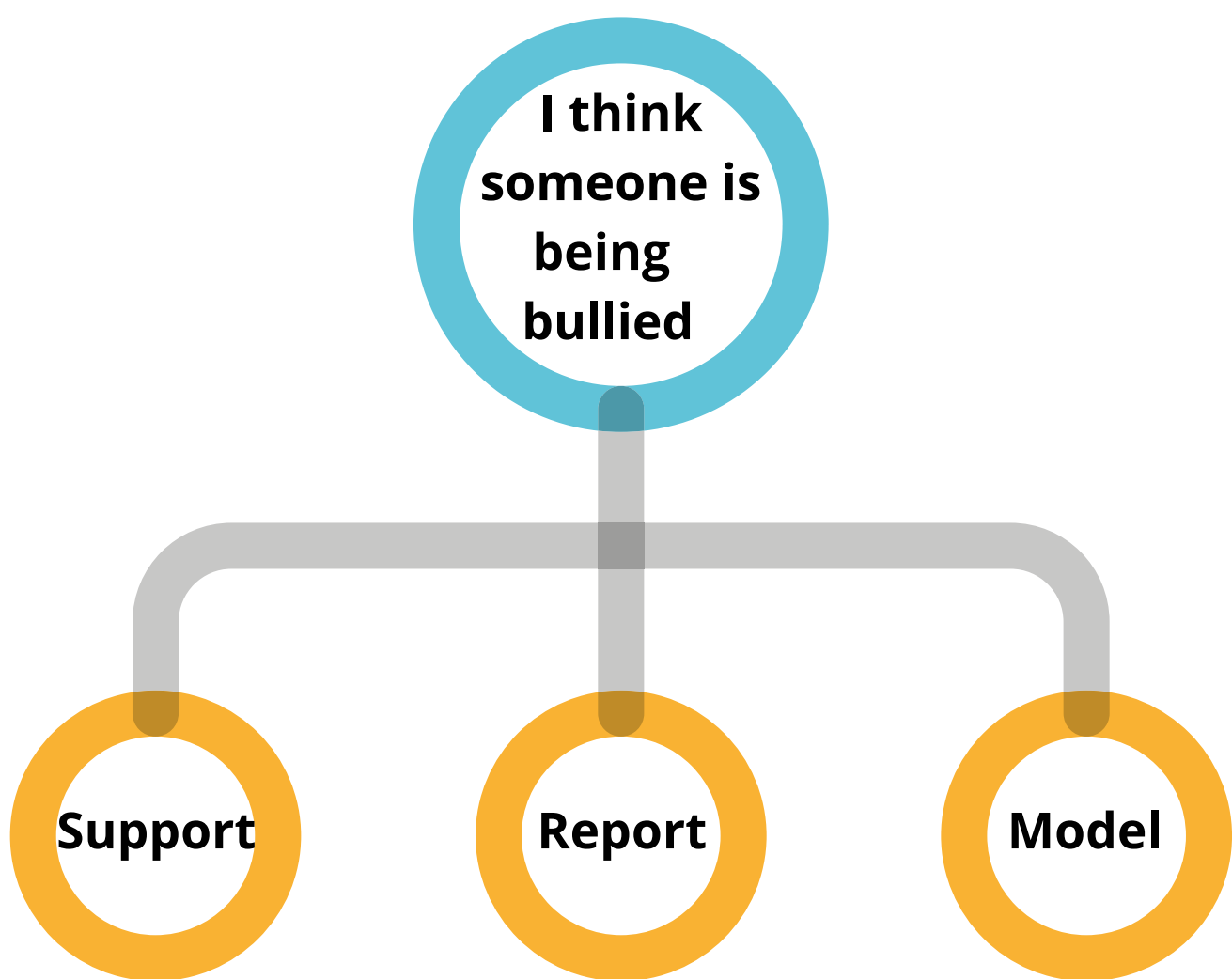
# WHO DO I GO TO WHEN I NEED HELP?



## Your school support network:



## How can you help?



At EPHS we have a massive support network for if you have any concerns about bullying or you're not feeling your best! If you also are concerned about a friend being bullied try to support them, encourage them to report it and model good behaviour yourself.

Remember we are always here to help!

### 4 Types of BULLYING

- PHYSICAL Bullying
- VERBAL Bullying
- SOCIAL Bullying
- CYBER Bullying