



## REMEMBER – YOU DON'T HAVE TO PUT UP WITH BEING BULLIED

Bullying is when people deliberately hurt, harass or intimidate someone else. You don't have to deal with bullying on your own. Tell a friend, or better still, tell your parent. Your Club Welfare Officer will listen and take your concern seriously.



# SPEAK OUT

MIND  
BODY & SOUL

[www.rfu.com/community](http://www.rfu.com/community)

Your Club Welfare Officer is: