

**What is bullying?**

Bullying is hurting someone several times, on purpose, by using behaviour or words which are meant to frighten or hurt that person.



**Be a buddy, not a bully**

Everybody has the right to be

treated with respect.

Everybody has the right to

feel happy and safe.

No-one deserves to be a victim

of bullying.

Bullies need to learn

different ways of behaving.

If bullying happens, we will

help everyone to make it stop.

Bullying of any kind is unacceptable at our school.



**If you are being bullied:**

**DO**

• Ask them to STOP if you can

• Ignore them

• Walk away and don’t get involved

• Get help

• TELL SOMEONE

**DON’T**

• Do what they say

• Get angry or look upset

• Hit them

• Think it’s your fault

**Who can you tell?**

• a teacher

• your parents or carers

• a friend

• another trusted adult

**Don’t keep quiet or be embarrassed. Speak out!**



**Some types of bullying:**

• Emotional – hurting peoples’ feelings or leaving them out

• Verbal – name calling, teasing

• Physical – punching, kicking, spitting, pushing, punching, pulling hair

• Written – letters, notes, graffiti

• Cyber – sending unkind messages or emails, deleting friends from groups



**Where can you go if you don’t have anyone to play with?**

• You can ask a teacher to help you find someone to play with

• You can go to the Buddy Bench on the playground and wait for a buddy or a teacher

**Who can you call if you need help?**

Childline: 0800 1111