

If YOU are bullied

DO:

- ✓ Look them in the eye and ask them to stop if you can
- ✓ Walk away and go to a friend or an adult
- ✓ TELL AN ADULT STRAIGHT AWAY

DON'T:

- ✓ Do what they say
- ✓ Think it's your fault
- ✓ Hit them
- ✓ Call them names
- ✓ Hide it from adults or your friends



What should I do if I see someone being bullied?

- ✓ Don't be a bystander - TELL an adult
- ✓ Support the person if it is safe to do so
- ✓ Stay calm and don't get involved in hurting or name-calling as you might get into trouble yourself

What will happen?

- ✓ Mr Brown, Mr Parker, the parents and all the adults in school will work together
- ✓ They will make sure any bullying behaviour is understood and STOPPED
- ✓ They will make sure that everyone's differences are accepted and all voices heard
- ✓ They will make sure everyone feels safe and happy
- ✓ They will check in on the situation regularly to make sure everyone is ok

Anti-bullying Leaflet



'Achieving excellence together'



What is bullying?

A bully is someone who behaves in a way that is meant to upset, hurt or frighten someone else. It is bullying when it happens MORE THAN ONCE.

Bullying is NOT...

- ✓ Accidents
- ✓ Arguments
- ✓ Fighting
- ✓ Only happens one time



Bullying can be...

Emotional: hurting feelings, leaving people out, teasing

Verbal: swearing, teasing, name-calling, rumours

Physical: punching, kicking, hitting, spitting, pushing, 'pranking', mimicking

Cyber: online messages, videos, social media

Because of difference: appearance, race, disability, gender, sexual orientation, family, mental health

Through a third person: getting other people to do or say unkind things

When is it bullying?

Several
Times
On
Purpose

When does it happen?

A bully is usually someone who:

- ⇒ Is worried or unhappy about something
- ⇒ Feels bad about themselves
- ⇒ Is jealous
- ⇒ Feels lonely
- ⇒ Needs help
- ⇒ Is being / has been bullied by someone else

Who can I tell?

- ✓ Your grown up
- ✓ Teachers
- ✓ Mr Brown
- ✓ Mr Parker
- ✓ Lunch time staff
- ✓ Acorns Staff
- ✓ Office Staff
- ✓ Ambassadors
- ✓ School Council
- ✓ Friends
- ✓ ANY trusted adult



MOST IMPORTANTLY:

Start Telling Other People

Several
Times
On
Purpose



Start
Telling
Other
People

