

If you are bullied:

DO:

- Ask them to **STOP** if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Talk to a friend
- **TELL SOMEONE**



DON'T

- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Hide it

What should I do if I see someone else being bullied?

- Tell an adult straight away
- Don't try to get involved, you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening

The Headteacher, the Governors and the staff will work together to:

- Make our school a place where everyone can feel safe and happy. **THAT MEANS NO BULLYING ALLOWED**
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

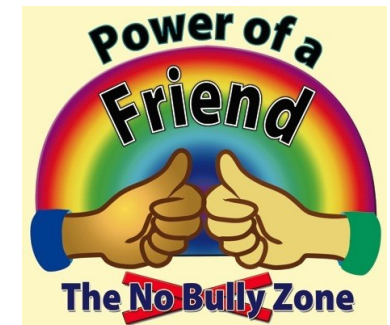
What will happen to a bully?

Adults will get involved and help you solve problems. They can talk to you and your friends and your parents.

Ellen Wilkinson
Primary School

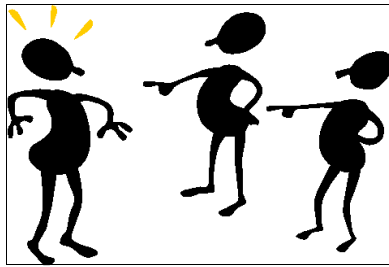


Children's
Anti-Bullying
Leaflet



What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



Emotional: Hurting people's feelings, leaving you out

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling

Cyber: saying unkind things by text, email and online

Racist calling you names because of the colour of your skin

When is it Bullying?

SEVERAL

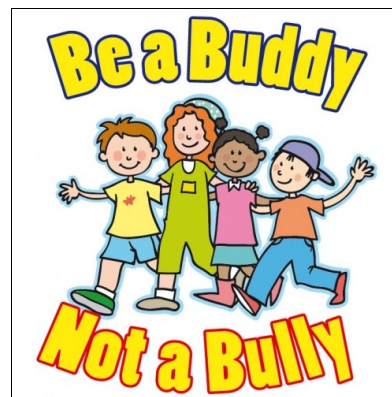
TIMES

ON

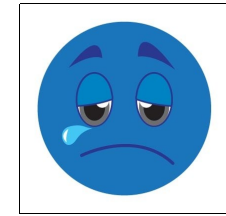
PURPOSE



We promise to always treat bullying seriously.



Who Can I Tell?



START

TELLING

OTHER

PEOPLE

- A Friend
- Parents/Carers
- Any adult in school

MOST IMPORTANTLY:

If you are being bullied:

**START TELLING
OTHER PEOPLE!**