

## If you are being bullied:

### DO:

- ✓ Remember it is **not your fault**. We are all different in some way- that's what makes us amazing.
- ✓ Ask them to **STOP**, if you can. Tell them what it is you don't like. Practice this with someone you trust.
- ✓ Play with children who **make you feel good about yourself**.
- ✓ **Walk away**. If it is on-line or on your phone, stop playing or messaging and show a grown-up.
- ✓ **It's ok to feel upset- the important thing is to tell someone!**
- ✓ **Talk to a friend**.
- ✓ **Be kind to yourself**. Do things that make you feel good in your spare time- sport, music, drawing, dancing or games.
- ✓ Remember to **be kind to others**, even if you are feeling upset or angry.
- ✓ Remember that **it is the bully who needs to change their behaviour**, not you!
- ✓ **TELL SOMEONE**

### DON'T

- Be tempted to **say horrible things** or send a **nasty message back**. This can lead to **more problems** in the long run and won't solve the problem or stop the bullying.
- Do what they say. If it doesn't feel right- don't do it!
- Get angry
- Hit them
- Try and hide that you are unhappy.



## 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
- ✓ Don't be a bystander

### The Head, Staff and Governors 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 along – being **polite** and **respectful**
- ✓ We believe that everyone has the right to be who they are – **individual** and **unique**

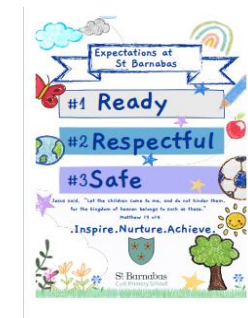
### What will happen to a bully?

- ✓ Adults will get involved and help you solve the problems. They can talk to you, your friends and your grown-ups to find solutions.
- ✓ Bullies need to change their behaviour and language

# St. Barnabas CE Primary School



St Barnabas  
CofE Primary School



## Children's Anti-Bullying Leaflet



## What is Bullying?

Bullying is **not** a one-off incident of name calling, arguing, falling out or fighting.

A bully is someone who intentionally hurts another person on purpose by using behaviours which are meant to frighten or upset.



**Emotional:** hurting people's feelings, leaving them out, spreading rumours

**Physical:** hitting, punching, kicking, spitting, pushing, stealing

**Verbal:** teasing, name calling, threats, saying nasty things

**Cyber:** using the internet, mobile phones, gaming devices

**Racist:** Calling you names because of the colour of your skin or because of your religious beliefs

## When is it Bullying?

**SEVERAL**

**TIMES**

**ON**

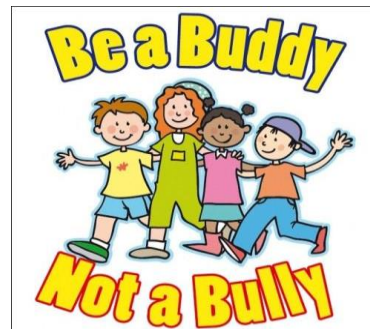
**PURPOSE**



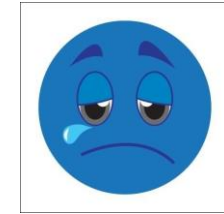
Bullying is conscious, deliberate and calculated. It is usually repeated over a period of time. The behaviour is repeated frequently and is not a one off incident.

To tackle any cases of bullying, parents and schools need to work in close partnership.

**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 think you are being bullied

**Start Telling Other People**