

What you should do if you are being bullied

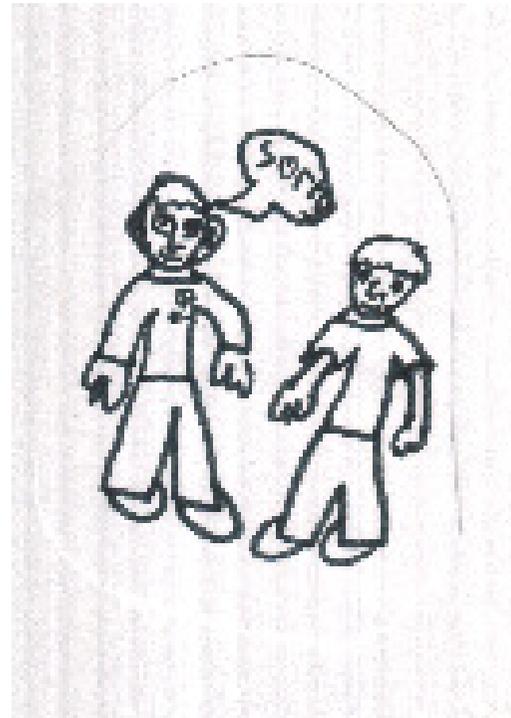
Tell the bully to **STOP** because you don't like it.

If the bully doesn't stop, warn them that if the bullying does not stop you will tell an adult.

If the bullying does not stop, tell an adult.



Being bullied should not be part of growing up. Don't put up with it.



Don't Bully Me



What if the bullying still does not stop?

If the bullying doesn't stop, tell an adult in school. They will talk to you and to the bully and the bully's parents if necessary.

They will tell adults in school to look out for you and help you to choose a playground buddy who can help you stand up to the bully.

The school is like a big family. We all have to look after one another, care for one another and treat one another as we would like to be treated.

**Made by children
in Year 3/4 at
Bottisham**

ANTI - BULLYING

What is bullying?

Bullying is when someone keeps saying or doing things which hurt you.

Children say that bullying is:

- Being teased or called names
- Being unkind on the computer, phone or Internet (cyber bullying)
- Being hit, kicked or pushed
- Talking behind children's backs
- Being ignored or left out

If someone deliberately keeps saying or doing things to hurt you they are bullying.

How does it feel to be bullied?

It feels like you don't want to come to school. You may feel scared, frightened, worried and worthless.

Who are the bullies?

Bullies can be big or small, old or young, girl or boy. Bullies sometimes act alone but sometimes they are part of a group.

Sometimes bullies use other people to do their bullying for them.

Bullies enjoy having power over people.



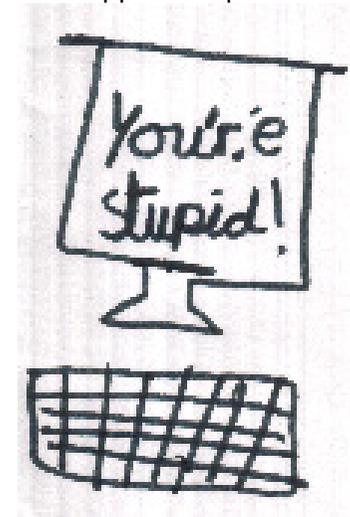
What should you do if you see someone being bullied or if you know that someone is being bullied?

Most importantly, tell the bully to stop at once.

Show support for the person being bullied by helping them to stop the bullying.

If the bully does not stop, always go to an adult for help.

Remember: support the person being bullied.



Ignoring bullying is as bad as bullying someone yourself.

Always try to stop bullying that you see, even if it does not involve you. Don't enjoy watching others getting hurt.