### If YOU are bullied

### DO:

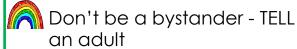
- Look them in the eye and ask them to stop if you can
- Walk away and go to a friend or an adult
- TELL AN ADULT STRAIGHT AWAY

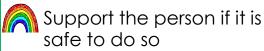
### DON'T:

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



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

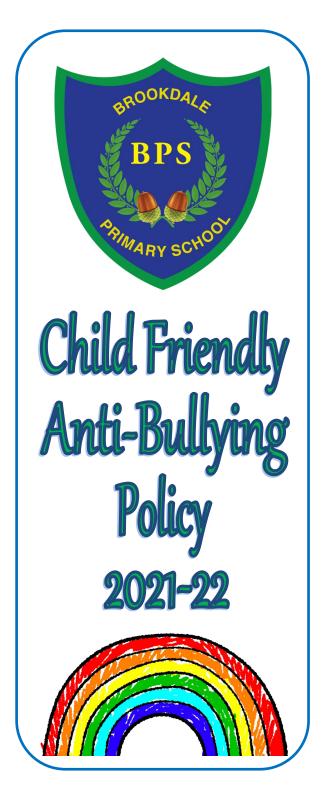




Stay calm and don't get involved in hurting or name-calling as you might get into trouble yourself

# What will happen?

- Miss Ball, the governors, 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



### 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 happen, one time



**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 imes On Purpose

### When does it happen?

A bully is usually someone who is:

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

### Who can I tell?

- ✓ Your grown up
- ✓ Teachers
- ✓ Miss Ball
- ✓ Lunch time staff
- ✓ Acorns Staff
- ✓ Office Staff
- ✓ Ambassadors
- ✓ School Council
- ✓ Friends
- ✓ ANY trusted adult

### **MOST IMPORTANTLY:**

# Start Telling Other People

Several Times



Purpose



Start Telling Other

People



