

## What can I do if I think someone is bullying me?

- tell a teacher, dinner lady, or any of the adults in school
- tell your parents or whoever looks after you
- tell a friend
- tell one of the year 6 children

There are lots of people who can help - and telling someone is the first step in making things better.

### What if I'm the Bully?

It would be lovely if everyone was nice all the time, but sometimes people can be mean - and it might be you!

#### THINK!

Does your behaviour upset others?

Do other children not want to play with you incase they get hurt?

Do you get angry with other children and sometimes hit out at them?

Talk to Mrs Oates or any adult you trust in school - they can help.

**ChildLine**

0800 1111



You might feel that you can't tell anyone - but you can call this number for free and someone will listen to your problem.

### Top Tips

- Feeling Angry - don't fight back! - learn to control your anger
- don't reply to an abusive message online
- block the online bully
- build your confidence

REMEMBER TO TALK TO  
SOMEONE ABOUT HOW YOU  
ARE FEELING

**STOP**  
  
**BULLYING**

**STAND UP. SPEAK OUT.**

# Let's Beat Bullying



Bullying is...

- any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards another person.
- It is usually repeated over a period of time and it is difficult for the victims to defend themselves
- Bullying is mean and results in worry, fear, pain and distress to the victim/s.

Remember

**'STOP'**

It usually happens  
**Several Times**  
**On Purpose.**

Bullying is not...

- \* having a fight during a game
- \* falling out with a friend
- \* accidentally bumping into someone
  - \* playing too roughly
  - \* having an argument
  - \* a 'one off' incident

you can still talk to someone  
about any of these things and  
how to make things better

