

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

TAKE ACTION!

- * Tell an adult straight away.
- * Be their friend and show them that you care.
- * Don't get involved – you may end up getting hurt or in trouble yourself.
- * Don't stay silent or the bullying will carry on.
- * Don't stand and do nothing.

Mr Debenham, the staff and governors will work together to make our school a place where everyone will feel safe.

Bullying will NOT be tolerated at Kingsland CE Primary School.



Childline



0800 1111

Childline is a free telephone number that is open all day, every day.

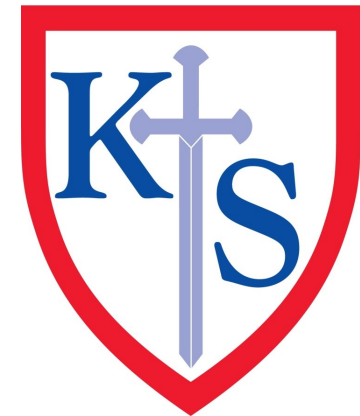
If you find it difficult to talk to an adult at home or in school about bullying, they can give you advice about what to do.



KINGSLAND CE PRIMARY SCHOOL

'Learn to Love - Love to Learn'

Anti-Bullying Information



Information for children and
parents

What is Bullying?

Bullying is when someone (or more than one person) is being rude or hurting you, and they **keep on doing it**. You have not done anything to deserve it.

Different types of bullying are:

Verbal — name calling, swearing, making fun, threats.

Physical — hitting, pushing, spitting at, stealing, kicking.

Emotional — leaving someone out, gossiping, spreading rumours.

Cyber-bullying — when you use Facebook, text messages, email, Skype, Twitter, online games/chatting etc. to write nasty or threatening messages.

Remember — bullying is NOT a one-off incident. Children often fall out or get into little squabbles. But if a child is repeatedly being singled out, then they are being bullied.

Bullying is:

Several
Times
On
Purpose



What should you do if you are being bullied?

- * Tell an adult straight away about what is happening.
- * Walk away and remember it's not your fault.
- * Ignore them.
- * Try to stay in a group as the bully is less likely to go near you.
- * Ask them to stop and say "Leave me alone and stop bullying me."
- * Stay calm.

What shouldn't you do?

- * DO NOT fight back.
- * DO NOT keep it a secret.
- * DO NOT do what they say.
- * DO NOT get angry.
- * DO NOT hide it.



Who could you tell?

- * Mr Debenham
- * Teacher
- * Teaching assistant
- * Lunchtime supervisor
- * Parent
- * Friend
- * Your reading buddy

Start

Telling

Other

People

