



**Bullying is when people hurt or upset you on purpose - usually more than once**

**Types of bullying...**

- Name Calling
- Teasing
- Spreading rumours
- Hitting
- Pushing
- Pinching
- Kicking
- Taking or damaging your things
- Sending nasty text messages or emails
- Forcing you to hand over money
- Making you do things you don't want to do
- Being ignored or left out
- Upsetting or hurting you because of your religion, the way you look or who you are.

**Why do people bully?**

There are a lot of reasons, for example:

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too
- Some people bully to feel powerful.

**Don't let them target you!**

**We can give you this information in any other way, style or language that will help you access it. Please contact us on 01332 716924 Minitcom 01332 716709 or Fax 01332 716920**

**Lets beat... Bullying...**

**Put a stop to bullying**

DERBY CITY COUNCIL



## Anti-bullying policy...

- Your school will have a policy which gives lots of information about how the school tries to keep you safe from bullying
- You can ask to see the policy or ask an adult to explain it to you
- You can ask an adult to tell you how it keeps you safe.

## What to do if you are being bullied...

- There is always help
- Tell someone you trust. Ask a friend to go with you if you are scared
- Don't keep quiet because the bullying will carry on
- Keep talking until someone listens
- Remember ***it's not your fault***
- Stay calm
- Tell the bully to stop what they are doing because you don't like it
- Walk away
- You may want to phone ChildLine
- Adults **can** help to deal with the bullying.

## What to do if you see bullying...

- Don't join in
- Tell an adult
- Support the person who is being bullied.

## What to do if you are bullying others...

- Think about why you are doing it
- Ask for help from adults you trust or from groups in school such as peer mentors or Friends Against Bullying Group
- Phone ChildLine.

## Contacts...

ChildLine      Phone: 0800 1111      [www.childline.org.uk](http://www.childline.org.uk)  
(free and open 24 hours)

Kidscape      Phone: 08451 205 204      [www.kidscape.org.uk](http://www.kidscape.org.uk)  
NSPCC      Phone: 0808 800 5000      [www.nspcc.org.uk](http://www.nspcc.org.uk)

Also visit:      [www.bullying.co.uk](http://www.bullying.co.uk)  
                         [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**If you are worried about bullying then talk to an adult you trust in school or at home.**