



**Bullying is when people deliberately hurt, intimidate or harass you - usually over a period of time**

**Types of bullying...**

- Verbal - name calling, teasing, swearing, spreading rumours
- Physical - hitting, pushing, pinching, kicking
- Emotional - Ignoring or leaving you out, taking or damaging your possessions, making you do things you don't want to, forcing you to hand over money
- Cyber - nasty or threatening texts and emails
- Homophobic - based on your sexuality
- Racist - based on your religion or racial or ethnic origin
- Disability - based on a disability
- Sexual - touching you when you don't want it.

**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 Minicom 01332 716709 or Fax 01332 716920**

**Lets beat Bullying...**

**Put a stop to bullying**



## 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
- The anti-bullying policy should have been explained to you. If not, you can ask to see it.

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

- There is always help
- Tell someone you trust and ask a friend to go with you if you are worried
- Don't keep quiet because the bullying will carry on
- Keep talking until someone listens
- Remember ***it's not your fault***
- Stay calm
- If possible explain to the bully that you don't like what they are doing and why
- Walk away
- You may want to phone ChildLine
- Adults are responsible for giving you help and support around bullying.

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

- Don't join in
- Tell an adult
- Support the person who has been 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.

## Contact...

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.**