



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

Types of bullying...

- Calling names
- Making fun of you
- Saying hurtful things
- Hitting, pushing, pinching and kicking
- Taking or breaking your things
- Making you do things you don't like
- Leaving you out
- Upsetting you because of how you look



Why do people bully?

- People who bully often feel sad inside and need someone to help them

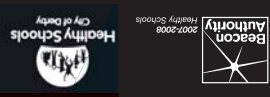
Don't let them target you!

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

Put a stop to bullying



Let's beat Bullying...



Keeping you safe...

- Your school wants to keep you safe from bullying
- 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 an adult you trust in school or at home
- Make sure the adult helps you
- Don't get angry
- Tell the bully to stop
- Walk away
- You could phone ChildLine
- Adults **can** help to deal with the bullying.



What to do if you see bullying...

- Don't join in
- Tell an adult
- Look after your friend if he/she is being bullied.



What to do if you are bullying others...

- Try to stop or ask an adult to help you think about how to stop.

Contacts...

ChildLine

Phone: 0800 1111
(free and open 24 hours)

www.childline.org.uk

Kidscape
NSPCC

Phone: 08451 205 204
Phone: 0808 800 5000

www.kidscape.org.uk
www.nspcc.org.uk

Also visit:

www.bullying.co.uk
www.anti-bullyingalliance.org.uk



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