

10. Don't ignore bullying because it does not involve you.

Don't enjoy bullying. Watching someone being bullied and enjoying it is much the same as bullying someone yourself.

11. What do I do if I am bullied?

Tell someone you trust:

- a friend
- an older pupil
- a teacher
- your parents



12. What will the school do if I am bullied?

The school will support you. It will try to stop the bullying by talking to you and the bully – if necessary to your parents and the bully's parents.

The school will listen to all your concerns about bullying. If the bullying does not stop after efforts have been made to stop it, bullies can expect to be disciplined.



Being bullied does not have to be part
of growing up

Don't put up with it!

A leaflet for children

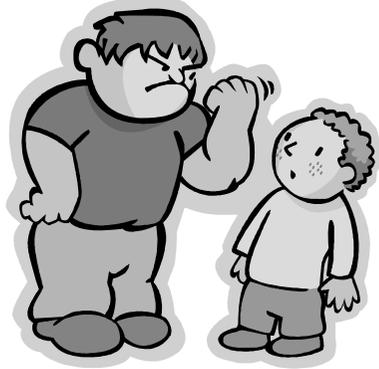
1. What is bullying?

The use of words or actions **intended** to hurt

2. Bullying can be:

PHYSICAL

- hitting
- kicking
- punching
- biting
- pinching



OR ANY ACTION **INTENDED** TO HURT

3. Bullies can use words to tease about someone's:

- shape
- colour
- looks
- intelligence
- skills
- nationality



4. Bullies can use words to scare by shouting or threatening.

5. Bullies exclude people and encourage others to do the same:

They leave people out of games, refuse to co-operate or share.

6. How do bullies act?

- sometimes alone
- sometimes in groups

Bullies often get others to do their bullying for them. They have the ideas but don't want to be caught bullying.

7. What do bullies look like?

They come in all shapes and sizes, all ages, boys and girls, men and women.

Bullies are not always obvious. Sometimes they appear to be popular.

Bullies like having power over people.

8. What do I do if I see someone being bullied?

Support him/her – don't **only** support your friends or class.

Support **anyone** being bullied, even those you may not like.

YOU KNOW THAT BULLYING IS WRONG.

9. How do I support someone?

Seek the help of an adult. Show the person kindness, stick up for him/her. Point out to the bully that he/she is bullying.

