

HOW TO STOP BULLYING

Always....

Tell someone you trust

Tell an adult

Tell your family/carers

Tell a friend

➤ Stand up straight

➤ Look them in the

➤ Keep saying "NO"

➤ Walk away



Start
Telling
Other
People



If you are bullying someone,
STOP and **THINK!!!**

USEFUL.....

Helplines

Childline 0800 1111

(free and confidential)

Non-emergency police 101

Websites

www.beatbullying.org

www.bulliesout.com

www.bullying.co.uk

www.childline.org.uk

www.dontstickit.org.uk

www.kidscape.org.uk

www.thinkyounow.co.uk

The best thing to do is talk about it

Anti-bullying leaflet

Ewanrigg Junior School



KIDSAFE UK
Registered School

WORRIED ABOUT BULLYING?

*Together we can
STOP IT,
Speak out about bullying!*

WHAT IS BULLYING?

Bullying is when someone is nasty to you again and again on purpose and you cannot defend yourself.

Sometimes we have an argument with our friends, but is that bullying? NO! Bullying is.....

Several
Times
On
Purpose

HOW DOES IT FEEL?

Bullying can make you have "YUCKY" feelings, but you are never alone.

TYPES OF BULLYING?

Bullying can come in different shapes and sizes, but all bullying hurts.

Bullying can be:

PHYSICAL

Kicking, punching, pushing, hitting

VERBAL

Name calling

INDIRECT

Excluding people, spreading rumours

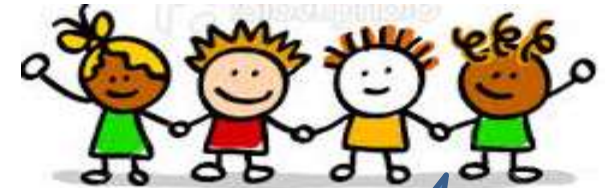
CYBER BULLYING

Some people use mobile phones and computers to bully others.

Verbal
Homophobic Racist
Excluding Sexist
Physical Disabilist Cyber
Rumours

HOW CAN I MAKE FRIENDS?

- Be positive and smile
- Be friendly to everyone
- Choose friends who are friendly to each other
- Remember that everyone is different



OUR MISSION
LOOK, LISTEN,
LEARN, LOVE and
LAUGH