

## 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](http://www.beatbullying.org)

[www.bulliesout.com](http://www.bulliesout.com)

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.dontstickit.org.uk](http://www.dontstickit.org.uk)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.thinkyounow.co.uk](http://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.....

**S**everal  
**T**imes  
**O**n  
**P**urpose

## 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

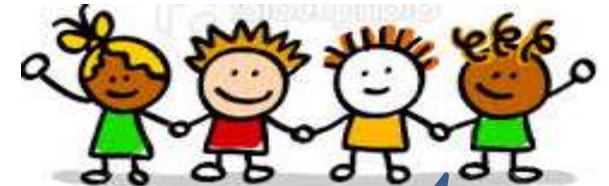
### CYBER BULLYING

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