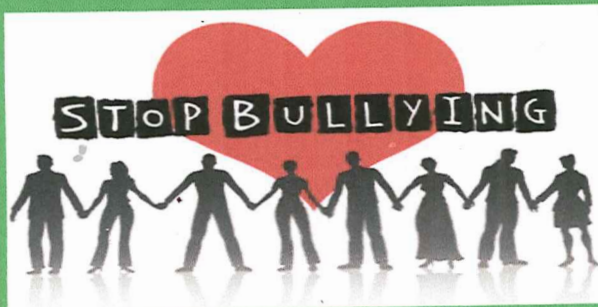


What is Bullying?

Bullying is when someone is being hurt either by words or actions on purpose, usually more than once. Often aimed at certain people because of their race, religion, gender, appearance or disability.

Bullying can be:

- Emotional-*Hurting people's feelings...*
- Physical-*Punching, kicking, hitting...*
- Verbal-*Being teased, name calling...*
- Cyberbullying through the internet and e-mail...



Be Kind

Several

Times

On

Purpose



KEEP
CALM
AND
BE
KIND

Be a friend,

Not a bully

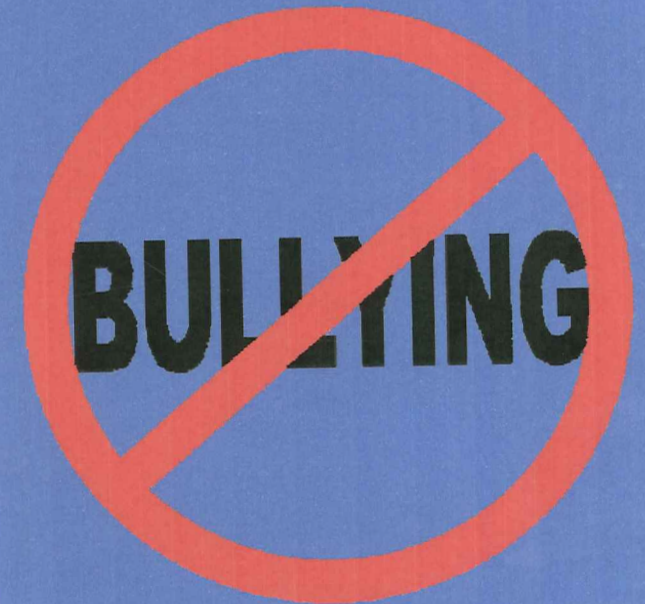


Building Confidence Inspiring Achievement

**Burbage
Primary School**

Bullying:

Why it is wrong?



By School Council and
designed by Jake
O'Donnell

Speak Out

What to do?

1. Tell a trusted adult, it will help.
2. Don't retaliate, it will always make it worse.
3. Keep calm and just forget about them.
4. They will get told off and then they will stop.

STOP
BULLYING

STAND UP. SPEAK OUT.

Don't be afraid.

Tell Somebody

Who can I tell?

If you are being bullied, you can tell anybody, including:

- Teachers
- Parents or Carers
- Family
- Dinner Staff
- A friend
- Websites like **ChildLine** or phone them at **0800 1111**



Support Others

If you see someone else being bullied, you need to:

- Ask the bully to stop, but only if it is safe to do so
- Tell an adult and let them sort out the situation

What you mustn't do is:

- Ignore the situation
- Get into an argument with the bully
- Join in with the bullying

