

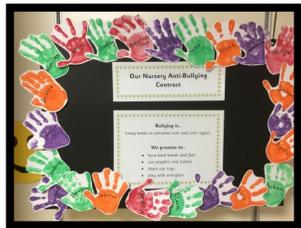
What is bullying?

Bullying is when someone hurts or upsets someone else over and over again. It is done on purpose to a person or a group and involves an imbalance of power.

There are different types of bullying:

TYPE	EXAMPLES
Physical	Hitting, kicking, taking belongings
Verbal	Name calling, hurtful comments, threats
Emotional	Leaving someone out, staring, spreading rumors
Online (Cyberbullying)	Messaging, online gaming

Racial and gender bullying are very serious types of bullying which are called 'Hate Crimes'.



What should I do if I am being bullied?

- Tell a grown up in school or at home.
- Tell an Anti-Bullying Ambassador.
- Tell a friend who you know will help you to speak to a grown up.
- Put a note in the class Worry Monster.

Who can I tell if I am being bullied?

There are lots of people you can speak to:

Parent/Carer
 Other relatives
 Teacher
 Teaching Assistant
 Head teacher
 Lunch time Supervisor
 Anti-Bullying Ambassador



What will happen next?

- The grown up will listen to you and make a note of what you say.
- They will work with you and the bully or bullies to sort things out.
- They will speak to your parents/carers and the bully or bullies parents/carers.
- They will check in with you until the bullying has stopped.
- They will check that the bullying does not start again.

How does bullying make someone feel?

Alone	Angry
Scared	Anxious
Left out	Worried
Miserable	Upset