

Do you know someone who is being bullied? This is how you can help:

- * Be a friend to the person who is being bullied and listen to them and give them support. People being bullied often feel alone and helpless, so it is very important to know someone cares.
- * Tell an adult who you can trust immediately, or encourage the person who is being bullied to talk to an adult.

TELL, TELL, TELL!

You do not have to be the one being bullied yourself to act. People who bully can also be amused and encouraged by the reaction of others. There is **NEVER** an excuse for joining in the bullying, nor for ignoring the needs of other people.

Bullying is **NEVER** "just a joke".
Bullying **ALWAYS** hurts.

USEFUL INFORMATION

ChildLine:

Telephone: 0800 11 11

Website: www.childline.org.uk

Anti-Bullying Network:

Website: www.antibullying.net

**WE SHOULD ALWAYS BEHAVE
TOWARDS OTHER PEOPLE IN THE
WAY THAT WE WOULD EXPECT
THEM TO BEHAVE TOWARDS US.**



REMEMBER:

- * **BULLYING IS ALWAYS WRONG.**
- * **DO NOT IGNORE IT.**
- * **ALWAYS ASK FOR HELP.**

TELL, TELL, TELL!

**IF EVERYONE WORKS TOGETHER,
WE CAN STOP BULLYING.**

**WE WILL WORK
TOGETHER TO STOP
ALL FORMS OF
BULLYING AT
BANKFOOT PRIMARY
SCHOOL.**

A STATEMENT ON BULLYING

**BANKFOOT PRIMARY
SCHOOL**



Achieving Success Together

**"Taking Action Together
Against Bullying"**

TELL, TELL, TELL!

Tell a teacher!

Tell a parent!

Tell a friend!

WHAT DO WE MEAN BY BULLYING?

Bullying is:

- **repeatedly frightening or hurting someone by what you say or do**
- **repeatedly making people do things which they do not want to do or say, or are not happy doing.**

People who bully try to justify their actions by saying that it is the other person's fault, or that they are "different". They may pick on someone who is tall or small, or fat or thin, or wears glasses, or has a different accent, or is another religion or race, or is shy or clever, and more. Any excuse will do.

People are sometimes so badly affected by bullying that they become sad, depressed and ill, and then they do not want to come to school. You would not want to be scared to come to school, would you?

Everyone must make sure that Bankfoot Primary School is an excellent school in which we can all learn and be happy.

TELL, TELL, TELL!



BULLY? WHO, ME?

Did you know that bullying can include:

- writing notes about someone & telling lies, including backbiting
- name calling, teasing & verbal abuse
- threatening to 'get' someone
- encouraging others to ignore someone
- encouraging others to do your teasing for you
- forcing people to do things they don't want to do
- hitting, kicking or pushing
- interfering with, hiding or taking someone else's belongings
- spreading gossip about someone
- glaring or staring at someone to make them feel uncomfortable
- making comments about someone's race or religion
- watching or supporting other people bullying someone
- making comments about someone's name, family or generation.

TELL, TELL, TELL!

ARE YOU BEING BULLIED?

The most important thing is to do something!

TELL, TELL, TELL!

- ✓ Talk to someone you trust, such as a parent or teacher.
- ✓ Be persistent – do not give up!
- ✓ Be proud of who you are. It is good to be an individual and have your own ideas and opinions.
- ✓ Try to stay with a friend. You can take your friend with you when you talk to an adult if you want to.

Things you should not do:

- Do not blame yourself – it is not your fault you are being bullied.
- Do not try and deal with the problem on your own – there is nothing wrong with asking for help.
- Do not hit people who are bullying you or retaliate in any way.
- Do not exaggerate – always tell the truth about what has happened.
- Do not hide what is happening from the adult you trust – keeping things secret is the bullies' biggest weapon.