

Who can I speak to about bullying?

At home:

- ✓ Parents/carers
- ✓ Grandparents
- ✓ Aunties/Uncles
- ✓ Older brothers or sisters or
- ✓ Any other adult you feel safe to talk to.

In school:

- ✓ Your class teacher
- ✓ Mrs Denney (Head teacher)
- ✓ Mrs Freeman (Deputy head)
- ✓ Miss Augustine (Assistant deputy head)
- ✓ Mr Duffy (Assistant deputy head)
- ✓ Mrs Woodhouse (Assistant deputy head)
- ✓ Mrs Turner (Learning Mentor)
- ✓ E.T.A.'s
- ✓ Lunchtime supervisors

Everyone is here to help you, just ask!

If you find it difficult to speak to an adult at home or in school about bullying, childline can give you advice about what to do.

Childline is a free telephone number that is open all day, every day.



STOP

think,

words can hurt!

Moorlands Primary School

Anti- bullying guide for children



Bullies aren't us!

What is Bullying?

Bullying is when one person or more says or does hurtful things to the same person lots of times, making them feel hurt, scared, sick, lonely, embarrassed and sad.



Bullying can be:

Name calling

Making fun

Threats

Hitting

Punching

Kicking

Stealing

Leaving someone out

Spreading rumours

Gossiping

Nasty text messages/phone calls/emails

Why do children bully others?

Sometimes because they are not happy themselves and don't know how to tell someone.

Sometimes because it is happening to them.

There are lots of other reasons for bullying but with help they can be stopped and that is why it is very important for you to tell an adult if you are being bullied or know someone who is.

Steps you can take to stop bullying



Tell the person bullying you that you don't like what he or she is doing. This way the person knows that what they are doing is not fun for you.

If they continue, inform an adult. This is **not** telling tales or being a snitch; it is being strong and taking charge. If you can't tell someone face to face, write it down and give your note to an adult.



Try not to react (pretend you don't care), unfortunately, bullies like to see they are upsetting you and will continue if they think they are succeeding.

Stay strong: remember it is easy to bully but it takes strength and courage to stand up for yourself and not let them continue.



Do not hit back: two wrongs don't make a right and you may get in to trouble or hurt.

Don't blame yourself and remember you are not alone. Unfortunately, you are not the first person and sadly won't be the last person who has ever been bullied.

Tell an adult if you know someone is being bullied.

Be a friend to anyone you know who is being bullied.

Are you the Bully?

Bullies sometimes don't understand how bad they make the person feel. If you are teasing or playing silly jokes on them you may feel it is a good laugh! It may start out that way but over a couple of days or weeks it starts to upset the person you are making fun out of. If you think you are a bully we **can** help. Remember it is easy to bully, it takes courage and strength to seek help – don't be a coward be a **hero** and talk to an adult today.

We are happier without bullies.

Speak out if you see bullying happening.

