

## What should I do if I am being bullied?

### Tell someone:

- A teacher or teaching assistant.
- Mrs Ball/Mrs Brown/Mrs Thomas
- My mum or dad.
- My brother or sister.
- My friend.
- An older child.
- A dinner lady
- Anyone you trust.

### They will:

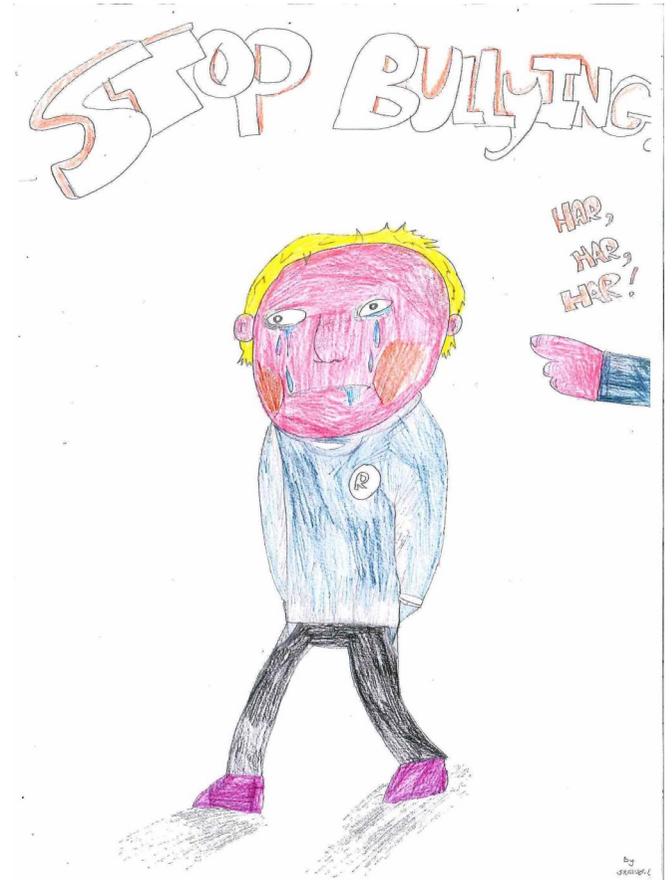
- Listen to you.
- Ask you what has been happening and how often.
- Help you to sort it out.

## If you See Someone being bullied...

- Don't ignore it.
- Tell an adult for them.
- Be kind to the person - stick up for him/her.
- Play with them at break time or sit with them at lunch.
- Let the person know that you care about them by listening to them if they want to talk about what is happening.



## I'm being bullied - what should I do?



A guide for  
KS1 Children

## How do I know if I am being bullied?

A bully can make you feel:

- Sad
- Worried
- Scared



**It is only bullying if it happens several times on purpose.**

A bully is someone who might:

- Call you names



- Hit or push you



- Take things from you



- Leave you out of games



## What will the school do about bullying?

They:

- Will support you.
- Will try to stop the bullying by talking to you and the bully.
- Will let you know what action they will take and will ask you what will help.
- May even talk to your parents and the parents of the child that is bullying you.
- Will ask the teachers to make sure that you are ok at break times.

If the bullying does not stop after we have tried lots of things, the child that is bullying will have to see Mrs Thomas and might be punished and disciplined further.

### **Don't fight back**

- You may get into trouble yourself.
- It may make things worse.

## If you are bullying someone...

- You are making other children feel scared and upset.
- You might be upset or angry about something and taking it out on other children.
- You need to talk to someone about what you are doing and how you feel so that they can help you.
- You could end up in a lot of trouble if you keep doing it.
- Other children might become scared of you and not want to play with you any more.

