

## 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.



**Childline: 0800 1111 (Free to call)**

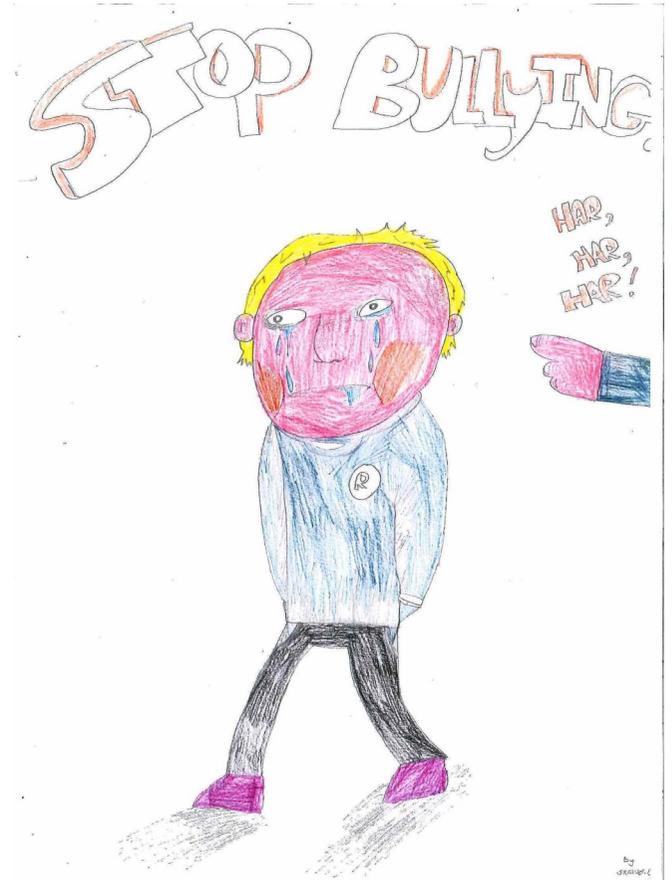
## If you see someone being bullied...

- Don't ignore it.
- Tell an adult for them.
- Be kind to the person so they know that somebody cares.
- Play with them at break time or sit with them at lunch.
- Point out to the bully that he/she is bullying.

## 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.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing.

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



A guide for  
KS2 Children



**BEAT BULLYING**

*If we are not aware, we cannot act.*

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

**Bullying is:**

the use of words or actions **INTENDED** to hurt.



**Bullying is NOT:**

When someone doesn't want to play with you that day or wants to play a different game. It also isn't if you fall out with your friend.

**Bullying can be:**

- Being teased or called names.
- Being hit, pushed or kicked.
- Being repeatedly ignored or left out.
- Having money or other things taken from you.
- Being picked on because you look different or because of your religion, colour or where you come from.
- Having unkind or threatening text messages or emails sent to you.

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

**Do something:**

The most important thing is to **do something**. Sometimes bullying stops quickly, but doing nothing means it may continue until someone is seriously upset or hurt. That could be you, or the bullies may find someone else to pick on.

*If we know about it, we can stop it.*

**What you CAN DO:**

- **TALK** to someone you trust, such as a teacher, parent, grandparent, older child or friend.
- **ASK A FRIEND** to go with you if you find it difficult to talk to an adult, or ask them to go instead of you.
- **DON'T GIVE UP.** If the first person you talk to doesn't help, speak to someone else.
- **DON'T FEEL ASHAMED.** It's not your fault. No one deserves to be bullied.

- **WRITE DOWN** what has been happening and when and where it has happened. If it helps, draw a picture about what is happening and how it makes you feel.
- **ASK** whoever you talk to not to do anything without telling you about it first. You have a right to know what is being done for you and to say whether you think it is a good idea or not.

**What you SHOULD NOT DO:**

- **DON'T TRY TO DEAL WITH THE PROBLEM ON YOUR OWN.** There is nothing wrong with asking for help.
- **DON'T HIT** other people who are bullying you. You might end up being accused of bullying yourself.
- **DON'T EXAGGERATE.** Always tell the truth about what has happened. If a small part of what you are saying is untrue, then everything else will be in doubt.
- **DON'T HIDE** what is happening from the adults you trust. Keeping things secret is the bullies' biggest weapon.