

If you are being bullied:

DO...

- *Use eye contact and tell them to go away.
- *Ignore them.
- *Walk away.
- *Act as though you don't care what they say or do.
- ***Tell someone.**
- *Remember it is **not your fault** and you are NOT alone.

DON'T...

- *Do what they say.
- *Look upset or cry.
- *Get angry.
- *Hit them.



What should I do if I see someone else being bullied?

- *Tell someone, don't walk away and ignore the bullying!
- *Tell the bully to S.T.O.P. if it is safe to do so, and that you will tell an adult.
- *Don't stay silent or the bullying will keep happening

Our Aims:

- *We will all work together to S.T.O.P. bullying.
- *We want to make all people feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying we will help everyone:

- *Get on well together.
- *Respect and understand each other.
- *To believe that everyone has the right to feel safe and happy



Windmill L.E.A.D. Academy
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WORRIED ABOUT BULLYING?

Advice for children

STOP BULLYING

STAND UP. SPEAK OUT.

What is Bullying

A bully is a person who hurts someone deliberately, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be:

**Verbal: being teased, being called mean names, being threatened.*

**Physical: being punched, kicked, hit, pushed. Emotional: having your feelings hurt, being left out, being bossed about.*

**Racist: saying mean things about your race, being called names.*

**Cyber: being sent mean messages by text message, email or on the internet.*

**Sexist: saying rude comments to you about being a boy or a girl.*

**Homophobic: Calling you gay or lesbian in a nasty way.*

**Through a third person: other people sending you horrible messages.*

Bullying is not when two people have a disagreement or fall out over something.



Bullying is likely to be:

S Several
T Times
O On
P Purpose

What should I do if I'm being bullied:

S Start
T Telling
O Other
P People

Who can I tell?

Mum/Dad

Teacher

Grandparents

An adult you know and trust

A Friend

What can you do to help?

You should always treat bullying seriously. Find a way to make it STOP so that you can feel safe and happy in life.

