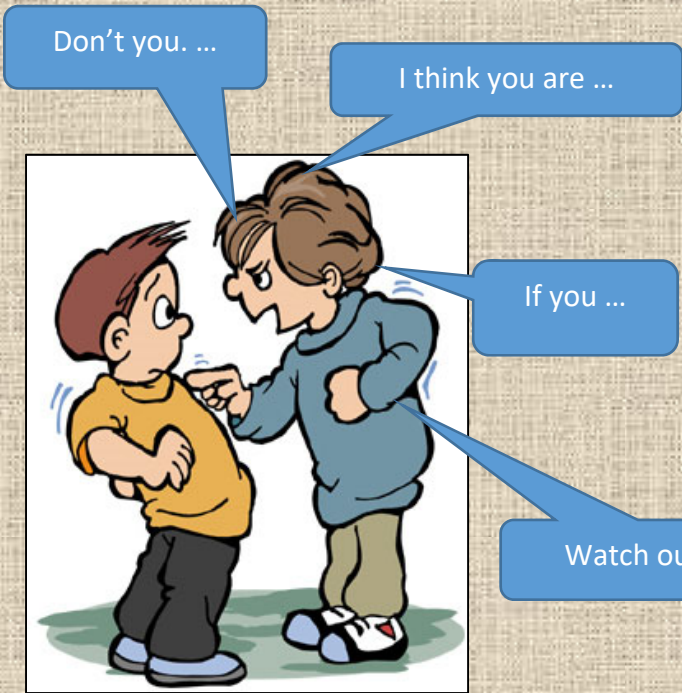
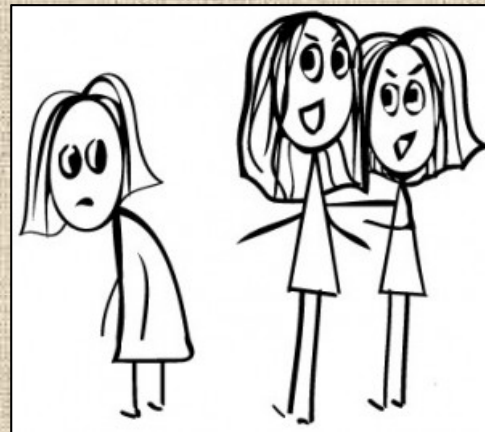


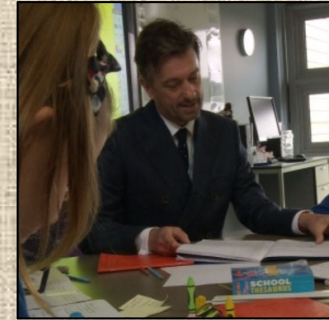
# What iBULLYING



## STOP BULLYING



# Who can I talk to?



Adult at school



Friends or Family



## What is BULLYING

Bullying is someone repeatedly using behaviour which is meant to hurt, frighten or upset another person.

Several Times On Purpose

Bullying can be many different things:

**Emotional** – making somebody feel bad about themselves perhaps by hurting their feelings or leaving them out of a game.

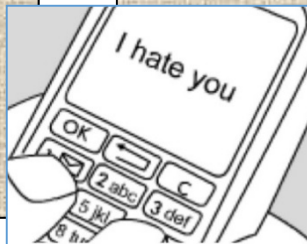
**Verbal** – teasing, name calling or being rude.

**Race/Religious/Gender** – being unkind to others because of the colour of their skin, their religion or whether they are a girl or a boy.

**Physical** – hitting or pushing someone else in order to hurt them.

**Theft** – stealing from someone.

**Online** – being unkind through texts, social media, e-mail or on a game.



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



1. If you feel it is safe, tell the other person that you want them to stop
2. Walk away.
3. Tell a trusted adult straight away.



1. Don't do what they say.
2. Don't get angry, fight back or say anything to them.
3. Remember it's not your fault.

## What do I do if I see someone being bullied?

1. If it is safe, help the person to get away.
2. Tell the bully to stop.
3. Walk away and tell a trusted adult.

## Who can I talk to?

A trusted adult in or out of school.

A friend or someone who you trust.

A member of your family.

A prefect who you trust.

You can call also other people if you need advice:

[youngminds.org.uk](http://youngminds.org.uk) - 0808 802 5544

[childline.co.uk](http://childline.co.uk) – 0800 1 1 1 1



## STOP BULLYING