

Information for Pupils

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WHAT IS BULLYING?

Bullying can be hitting, kicking, spitting, throwing stones, pushing or getting someone else to do this.

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USING WORDS

Bullying can be name-calling, spreading rumours, whispering behind someone's back. It can also be sending nasty or threatening text or e-mail messages.

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HOW DO YOU KNOW IF IT IS BULLYING?

Bullying is:

- deliberate, hurtful behaviour.
- repeated over a period of time.
- when a bully exercises power over someone and leaves them feeling unable to defend themselves.

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STEALING

It is bullying if someone keeps taking your dinner money, or taking or hiding your property.

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DELIBERATELY UPSETTING SOMEONE

It is bullying if someone keeps using rude gestures, keeps ignoring you or keeps stopping you joining in. Staring and 'dirty looks' can be used in bullying.

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WHERE DOES BULLYING HAPPEN?

Bullying can happen in the classroom, in the corridor, in the toilets, in the playground and on the way to or from school.

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⊙ **Bullying can happen anywhere** ⊙

YOUR RIGHTS

Wherever you are, you have the right to be safe.

⊙ **Nobody has the right to make you feel unhappy** ⊙

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AT SCHOOL

HOW TO STOP BULLYING IN YOUR SCHOOL

- Think about your own behaviour.
- Don't get involved in any form of bullying.
- Help everyone to join in with activities and groups.

IF YOU SEE SOMEONE BEING BULLIED

- Do not smile or laugh.
- Tell a member of staff.
- If you can, tell the bully to stop it.
- If you can, show the bully that you don't like his or her behaviour.

IF YOU ARE BEING BULLIED

- Don't blame yourself for what is happening.
- Look at them and tell them to STOP ⊙
- Get away as quickly as you can.
- Speak out!
- Keep on speaking until someone listens.

Together we can **STOP** bullying



Information for Pupils 2

KEEPING QUIET HELPS BULLIES

- Remember it's not your fault and there are people who can help you.
- Tell a member of staff.
- Tell your family.
- If you are scared, ask a friend to go with you.
- Keep on speaking until someone listens.

⊗ **Keeping quiet gives the bullies power.**

But you can take that power away, just by talking. ⊗

HELP FOR YOU

If you talk to a member of staff, they will:

- Listen to you.
- Take you seriously.
- Give you advice.
- Take action to make sure that you are SAFE.
- Take action to end the bullying.
- Check that the bullying does not start again.

WHO TO TALK TO

If you want to talk about bullying that has happened to you, that you have seen, or that you have been involved in, you can talk to:

... Or you can talk to any member of staff in your school.



Why not visit

www.beyondbullying.com

. . .and meet Pig, Mouse and the rest of the gang.

AND

www.brockshill.leics.sch.uk/antibully

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