



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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

School aims:

- To treat bullying seriously.
- To all work together to **S.T.O.P.** bullying.
- To make everyone feel safe and happy.
Bullying can make people feel frightened and unhappy.
- To help everyone:
 - Get on well together.
 - Respect and understand each other.
 - Believe that everyone has the right to be who they are



Other places to get help, advice and information:

- **KIDSCAPE**
www.kidscape.org.uk
- **ANTI-BULLYING NETWORK**
www.antibullying.net
- **CHILDLINE**
www.childline.org.uk or telephone 0800 1111 to speak to a counsellor. Calls are free and confidential.



Newton Tony C of E Primary School





RED

What is bullying?

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Several
Times
On
Purpose

A bully is someone who hurts someone **MORE THAN ONCE**, by using behaviour which is meant to hurt, frighten or upset another person.



AMBER

What should I do if I'm being bullied?

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Start
Telling
Other
People



If you think you are being bullied, you need **A HELPING HAND!** Tell someone as soon as you can, a friend, Mum or Dad, teacher or any other adult.



GREEN

If you are being bullied:

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Strategies
To
Overcome
Problems

Do...

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care.
- Remember it is **NOT** your fault.

Don't...

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