

Bullying can be.....

Physical: *punching, pinching, spitting, slapping.*

Verbal: *name-calling, teasing, gossiping, mocking.*

Cyber (Technological).
Text, BBM, facebook, emails, prank calls, video, photographs.

Indirectly: *whispering, talked about behind your back, evil eyes, being left out.*

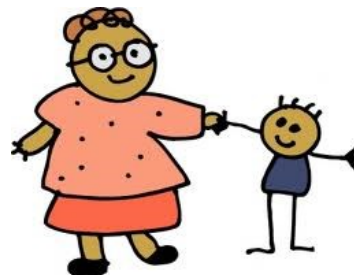
All bullying is emotional



Don't bury these feelings in your heart

WHAT WILL HAPPEN

- Someone will listen to me and believe what I am saying.
- An adult will talk to everyone involved separately.
- The person bullying will be kept in at lunchtimes and playtimes to allow me to play happily.
- An adult will tell my parents/carers and the bullies parents/carer separately.
- An adult will spend time with me when I need it.
- An adult will spend time with the bully to help them.
- If the bullying continues the bully will be excluded from school for 1 day or more.
- If the bullying is extreme (really bad) the police will be informe



If you are bullied.....

TRY NOT TO.....

- Do what they say
- Get angry or look upset
- Hit them

DON'T

- Ever thinks it's your fault
- Suffer in silence

DO.....

- Ask them to stop, if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find a friend
- TELL SOMEONE

Who can I tell?

- ↳ Parents/Carers/Families
- ↳ A trustworthy friend
- ↳ Friendly 15
- ↳ School Council
- ↳ School Staff
- ↳ An adult you trust
- ↳ Bullybusters