

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



- Don't walk away and ignore the bullying.
- Tell the bully they are being a bully
- Tell the bully to stop if it is safe for you to do so.
- **TELL an adult in school.**  
Don't stay silent or the bullying will keep happening.



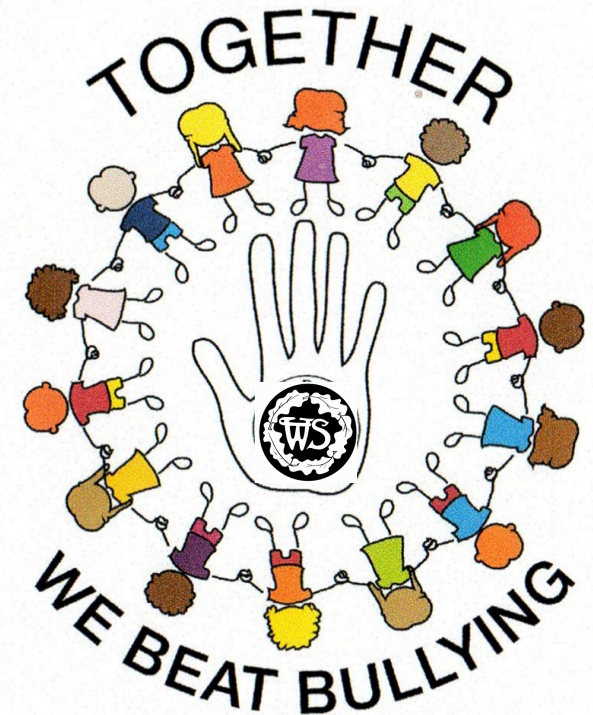
### Article 19

Adults must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and mistreatment.



WORPLESDON PRIMARY  
SCHOOL

CHILD FRIENDLY  
ANTI BULLYING  
POLICY



# What is Bullying?

## 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.

**Physical** : punching, hitting, hurting

**Verbal** : calling people names

**Emotional** : when someone hurts your feelings deliberately

**Cyber** : when someone is using the internet to be unkind



# What to do if you are being bullied

## DO...

- Use eye contact, tell them to STOP
- Walk away and TELL SOMEBODY
- Remember it is NOT your fault and you are NOT alone.

## DON'T .....

- Do what they say.
- Look upset or cry if you can help it.
- Get angry.
- Hit them or copy them

## Bullies Are:

- NOT COOL
- NOT FRIENDLY
- NOT POPULAR
- NOT RESPECTED
- NOT WELCOME
- ALL OF THE ABOVE

# Who can I tell?



If you are being bullied:  
**Start Telling Other People!**

CHILDLINE  
0800 1111