

## WHAT TO DO?

If you are being bullied—

Do:



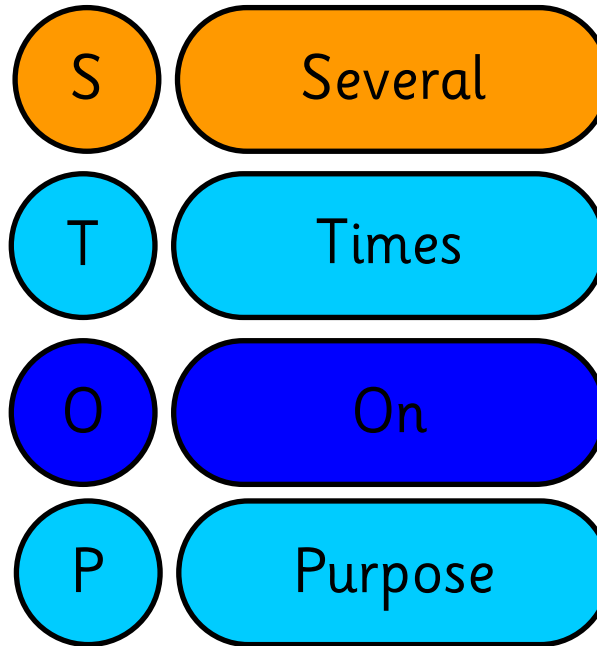
1. Tell them to stop
2. Ignore them and walk away
3. Tell an adult in school
4. Tell your parents

Don't:



1. Take your own action
2. Get angry
3. Ask someone to hurt them back

## When is it bullying?



We promise to always treat bullying seriously.



THE  
**STOP** CAMPAIGN  
PREVENTING AND TACKLING BULLYING IN DERBYSHIRE



## What is Bullying?

It is an action that is repeated that is meant to hurt or harm someone.

**Emotional:** Hurting someone's feelings, leaving someone out.

**Physical:** Punching, kicking, spitting, hitting, pushing.

**Verbal:** being teased, name calling.

**Cyber:** Sending unkind messages by text, email or online.

**Racist:** Calling names because of he skin colour, or culture.



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

Don't walk away and ignore the bullying.



Let the bully know what he/she is doing is wrong.



Tell the bully to stop if it is safe to do so.



Don't stay silent or the bullying will keep on happening.



Don't lose your temper.



Talk to an adult, parents or talk to your friends.





## Who can I tell?

1. Teachers
2. Parents
3. Carers
4. Friends / family
5. Police




The Head Teacher, Governors, the staff, pupil parliament and the children will work together to:

 Make our school a place where everyone feels safe and happy.

 That means no bullying is allowed.

What will happen to a bully?

 Staff will get involved and help you solve the problem.