Who can I tell?

A friend

A parent

A member of the school council

Any adult in school

A social worker

IF YOU FEEL YOU OR ANYONE ELSE IS BEING BULLIED YOU MUST TELL SOMEONE SO IT CAN BE STOPPED.

BULLYING IS NOT OK

**DON’T**

Do what they say.

Get angry or look upset.

Hit them.

Think it’s your fault.

Hide it.

Don’t retaliate.

**DO**

Ask them to STOP if you can.

Use eye contact and tell them to go away.

Ignore them.

Walk away.

Tell someone

Bullying is when someone hurts someone else more than once, by deliberately using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be……

* **Emotional:** Hurting people’s feelings, leaving you out.
* **Physical:** Punching, kicking, spitting hitting, pushing, pulling hair, tripping up, theft
* **Verbal:** Being teased, name calling, being rude
* **Racist:** Graffiti, calling you racist names.
* **Cyber:** saying unkind things by text, Facebook, e-mail and messenger.