

Types Of Bullying

- Emotionally
- Physically
- Verbally
- Cyber
- Racially
- Through someone else
- Abusive



Ten Top Tips:

1. Always tell an adult
2. Don't be on your own at playtime
3. Call Childline
4. Never panic
5. Don't talk about it in public
6. Don't suffer in silence
7. Don't do anything back
8. Act strong
9. Share problems with trusted people
10. Ignore the bully



What To Do If I'm Being Bullied

Contact Childline on
0800 1111 (it's free to call)



All Saints Benhilton C of E Primary School



Together within God's
love, we nurture and
inspire today's minds for
tomorrow's challenges

Child Friendly

Anti-Bullying Leaflet

Created By the School Council

When Is It Bullying?

SEVERAL

TIMES

ON

PURPOSE

Bullying is not a good thing and we treat bullying seriously and correctly.

Bullying is when someone is hurting another child, verbally or physically. This is not only for one day it is frequently for a period of time

If You Are Being Bullied

DO :

- ✓ Tell a trusted adult
- ✓ Tell them to STOP if you can
- ✓ Ignore them
- ✓ Walk away
- ✓ Talk to a friend



If You Are Being Bullied

DON'T :

- ✗ Be rude back
- ✗ Think it's your fault
- ✗ Do what they say
- ✗ Keep it a secret
- ✗ Get angry



What Shall I Do If I See Someone Being Bullied?

- Tell an adult right away
- Don't get involved
- Don't stay silent or the bullying will just carry on



We can beat bullying together!