

Websites with advice about bullying:

www.anti-bullyingalliance.org.uk - Provides Help and advice for Parents, Carers, Children, and Young People

www.kidscape.org.uk - Provides advice, downloadable resources, assertiveness training for children

www.childline.org.uk - get help and advice about bullying issues, talk to a counsellor online.

www.bullyfreezone.co.uk - the project aims to raise awareness of alternative ways of resolving conflict and reducing bullying.

www.nspcc.co.uk - talk to a counsellor online

www.stopbullyingnow.hrsa.gov - Bullying Information, Resources, and Prevention Tips. Whether you have been bullied, witnessed bullying, or bullied someone else

Don't be afraid to tell someone if you are being bullied.

It's better to tell someone than to let it carry on.

What To Do If You're Being Bullied.

A Step by Step Guide



By School Council

Bullying is ...

Bullying is when a group of people or an individual pick on someone repeatedly

Bullying comes in many forms, the main types are...

Physical Attack: Unwanted physical contact, kicking, punching, pinching, pushing, hitting etc.

Words: Teasing and name calling, making fun of physical differences e.g. Fat/thin, tall/short etc.

Rumours: Interfering with friendships, isolation of individuals, spreading nasty rumours

Threatening: taking money, items, or threaten physical attack

Annoying: continually annoying and causing discomfort and frustration

Racist: Being unkind about race, colour or religion

Emotional : When the bully stops you from seeing your friends and joining in with activities of which you would like to take part in.

Bullying is not

When someone doesn't want to play with you or wants to play a different game. It also isn't if you fall out with your friend.

What to do if you are being bullied.

1. Firstly you need to tell an adult you trust. Telling someone will help make it better.
2. Don't bully back! Get help.
3. If it doesn't stop, tell another adult that you trust.
4. Try to stay with a group of friends or people you know. This will help