

What is bullying?

A bully is someone who hurts someone more than once, by using behaviour that is intended to hurt, frighten or upset another person.

Emotional: Hurting people's feelings, bossing someone around and leaving people out.

Racist: calling someone racist names

Physical: punching, kicking, spitting, pushing, hitting, biting.

Cyber: text, email, games console.

Verbal: teasing, name calling, hand signals.

Through a 3rd person: sending a friend with a horrible message.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.

When is it bullying?

**Several
Times
On
Purpose**



What should I do if I am being bullied?



Who can I tell?



**DON'T BE AFRAID TO
ASK FOR HELP!**

What will happen to the bully?

The teachers will get involved and help you solve the problem. They will talk to the bully and explain that they must **STOP** being unkind, talk to your parents, talk to your friends and make sure the bullying stops.