Anti-bullying information sheet for pupils:

Is it bullying?

It is if you feel hurt because individuals or groups are:

* calling you names
* threatening you
* pressuring you to give someone money or possessions
* hitting you
* damaging your possessions
* spreading rumours about you or your family

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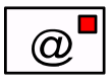
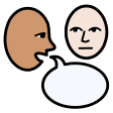
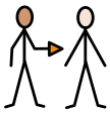
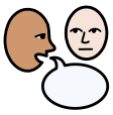




* using text, email or internet to write or say hurtful things. This is

cyberbullying

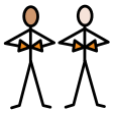




It is bullying if you feel hurt because of things said about your

ethnic background, religious faith, gender, sexuality, disability, special

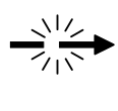
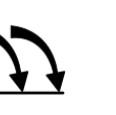
educational need, appearance or issues in your family.



We do not tolerate bullying.

This is what we do about bullying:

* make sure the person being bullied is safe

* work to stop the bullying happening again

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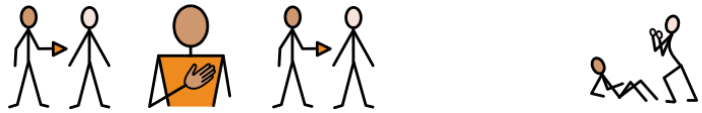
* support to the person being bullied.

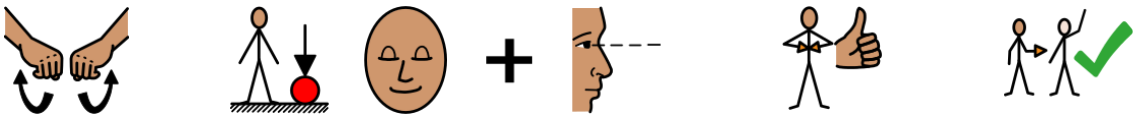
What should you do?

Talk to someone you trust and get them to help you

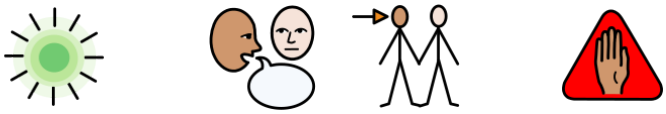
take the right steps to stop the bullying.



If you feel you are being bullied:

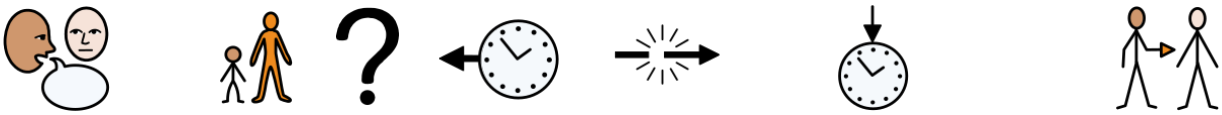


* try to stay calm and look as confident as you can



* be clear — tell them to stop

* get away from the situation as quickly as possible



* tell an adult what has happened straight away or, if you

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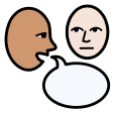
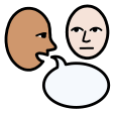
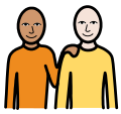
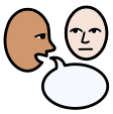
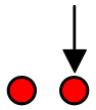


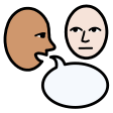
do not feel comfortable telling an adult, tell a friend.

If you have been bullied:

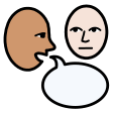




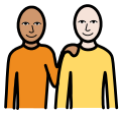
* tell a teacher or another adult in your school



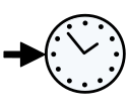
* tell your family



* if you are scared to tell a teacher or an adult on your own,

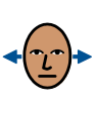


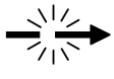
ask a friend to go with you



* keep on speaking until someone listens and does something to

stop the bullying





* don't blame yourself for what has happened

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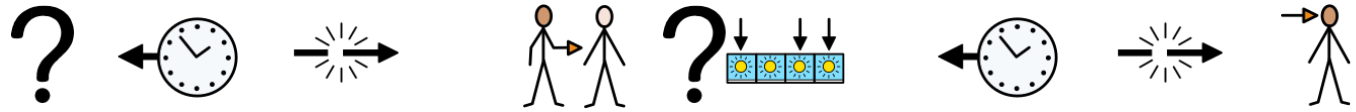

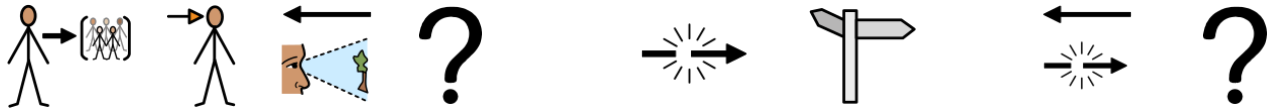

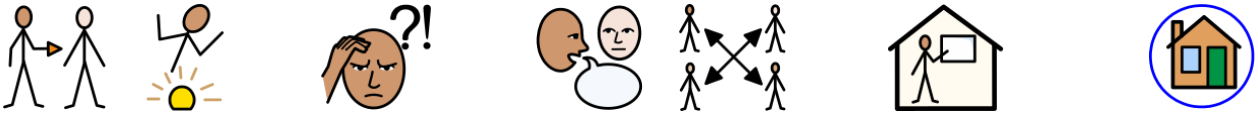

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