

Don't let the bully see that you are upset or crying.



Don't get angry with the bully and hurt them.

#### You can try and stop the bully by:



Looking the bully in the eyes and telling them to go away or don't speak to the bully and walk away.

### Tell someone you trust.



Remember it is not your fault that you are being bullied.

## Beyond Bullying



www.beyondbullying.com



0116 3055100

# What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying
- Let the bully know what is happening
- Tell the bully to S.T.O.P. if it is safe to do so
- Don't stay silent or the bullying will keep happening
- Tell an adult what happened

#### Stokes Wood Aims:

- We will all work together to S.T.O.P. bullying.
- We want our schools to make everyone feel safe and happy.
- Bullying can make people feel frightened and unhappy.
- To deal with bullying, we will help everyone:
  - Get on well together
  - Respect and understand each other
  - Believe that everyone has the right to be who they are



# Anti-Bullying Advice



# Stokes Wood Primary School

where there are NO OUTSIDERS

Telephone: 0116 2875305

If you see someone getting bullied report it to an adult!

### What is bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



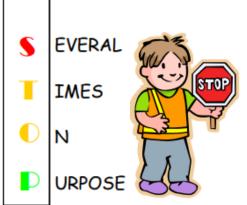
### Bullying can be:



Bullying can also be through a third person!

People can be bullied for a number of reasons, including their race, religion, culture, disability, home circumstances, appearance, sexuality or gender identity.

### When is it bullying?



Bullying is where someone hurts or frightens you on purpose. Bullying is when it happens more than once.

### At Stokes Wood we:

- Take bullying seriously
- Find a way to make it STOP

Everyone should feel happy and safe in school there are 'No Outsiders Here.'

### Who can I tell?

Do not try to deal with problems on your own.

There is always someone who can help.

A helping hand is when you think of 5 people who you would tell if you are being bullied.



Who is on your helping hand? Can you think of 5 people you can tell?



Do not blame yourself.
It is not your fault that you are being bullied.