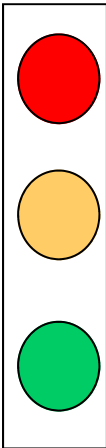


## If you are being bullied:

### DO .....



- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.



### DON'T .....

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



## 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.

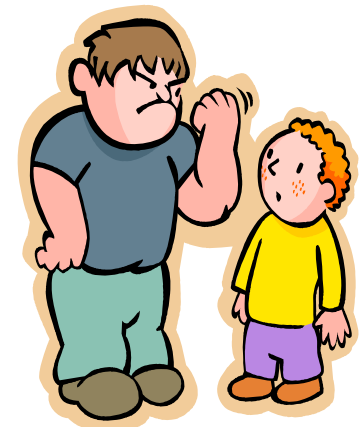
### Leicester City Aims:

- We will all work together to **S.T.O.P.** bullying.
- We want to make all people feel safe and happy. Bullying can make people feel frightened and unhappy.
- To deal with bullying, we will help everyone:
  - To get on well together
  - Respect and understand each other
  - To believe that everyone has the right

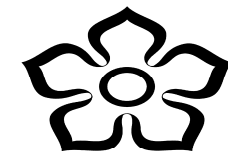


Please contact  
[Education.Psychology@leicester.gov.uk](mailto:Education.Psychology@leicester.gov.uk)  
for more information.

## Leicester City Council Anti-Bullying Strategy



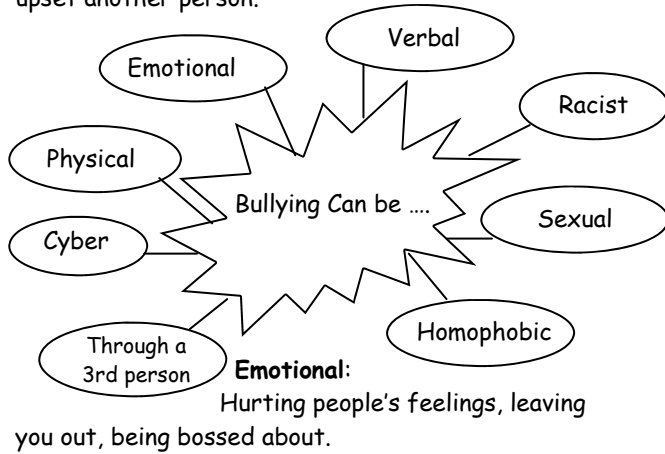
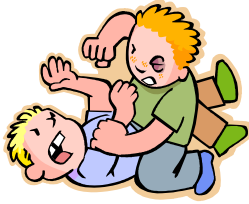
## Child Friendly Anti-bullying Advice



Leicester  
City Council

# What is bullying?

A bully is someone who hurts someone deliberately, by using behaviour which is meant to hurt, frighten or upset another person.



**Physical:** Punching, kicking, spitting, hitting, pushing.

**Homophobic:** Calling you gay or lesbian.

**Through a 3rd person:** Sending a friend with horrid messages.

**Verbal:** Being teased, name calling, hand signs

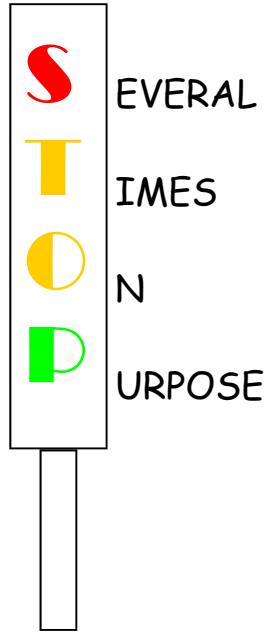
**Racist:** Graffiti, calling you racist names.

**Sexual:** Rude comments, touching you when you don't like it.

**Cyber:** texts, e-mail.

## Leicester Anti-bullying Strategy

### Bullying is likely to be...



### What you can do to help

You should always treat bullying seriously.

Try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in life.



### Who can I tell?



### What should I do if I am bullied:

