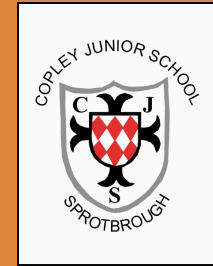




Don't let bullying get to you.

Never support it.

**Don't be shy—stand up, speak out.**



**Be a Buddy not a Bully!**

*A School Council Publication*

*Author: Elliot D and team*



## What is bullying ?

Bullying is where you are:

- Teased
- Called names
- Given mean looks
- Left out on purpose
- Physically hurt (hitting or kicking)

"Bullying is when things have gone too far and are happening constantly. There are many types of bullying, for example cyber bullying, physical bullying and name calling." Max E



## How to Be a Buddy, not a Bully

### Advice from the School Council

"You should be kind and helpful all the time and a good friend will help you find a friend to play with." Joe B

Never be a bully yourself, it will never get you anywhere in life." Elliot D

"A good friend is someone who helps people if they have been hurt or upset." Jamie T



# How to put a stop to Bullying

Tell a trusted adult or teacher.  
Never keep it a secret, always tell someone to put a stop to it.  
Always stand up to it.

"If you are being bullied or something is upsetting you, you must tell your teacher or an adult in school." Fraser I

"If you are being bullied don't try to deal with it yourself. You have got to tell your parents, friends and teachers in school so they can help you straight-away." Ella B



# What is cyber bullying ?

Cyber bullying is bullying online. It can be done on a lot of online games with chat, Instagram, Twitter, Facebook , YouTube and many more sites. Check with an adult at home as you may not be old enough to use some of these sites.

"Cyber-bullying is where someone is always upsetting you but you don't know who they are because it is online." India F

"Cyber bullying could include sending emails, photos and messages that upset you. If this happens to you, you must tell a teacher or adult." Zoe L

These websites are very helpful.



## What isn't Bullying

Bullying is:

**S**everal

**T**imes

**O**n

**P**urpose

Bullying is **not**:

- A one-off argument
- A friend sometimes being nasty
- When a friend does not let you decide on the game to play or does not take turns as you think they should.

"Bullying is not when children fall out or won't take turns. This might be selfish but it is not bullying." Ella B

## Signs of being Bullied

- Not joining in with play
- Not wanting to come to school
- Not wanting to interact with children and adults
- Sitting alone at lunch
- Not wanting to work with anyone
- Hiding because of bullying
- Quieter than usual
- Not wanting to go anywhere on their own

