

What is bullying?

STOP

Bullying is when someone is nasty or hurts you, on purpose, again and again.

Remember the words,

Several **T**imes **O**n **P**urpose

What does bullying look like?

- Name Calling
- Hitting, Kicking, Punching, Tripping, Pushing
- Rude Hand Gestures
- Nasty Comments
- Spreading Rumours
- Leaving Someone Out
- Teasing
- Intimidation
- Stealing or Breaking Someone's Things
- Nasty or Fake Text or Email Messages
- Threats



How does bullying make a person feel?

- Hurt
- Unwell
- Worried
- Confused
- Embarrassed

BulliesOut®



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out more
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DON'T STAND BY
Anti-Bullying Information for Children

STOP

What to do if you are being bullied

Don't keep it to yourself.
Remember **STOP** -

Start Telling Other People.

It is important to tell someone if you are being bullied as they can help. If you find it easier to draw a picture or write down what has been happening to you that's ok.



Who can I tell?

Always tell someone you can trust, such as:

- Mum or Dad
- Carer
- Grandparent
- Brother or Sister
- Friend
- Teacher
- Family Member
- Youth Worker

They will help you deal with the bully in the best way.



Some other ways to deal with bullying

- Use eye contact and tell the bully to go away
- Ignore them
- Walk away
- Don't do what they say
- Try not to look upset or cry as this is what they want
- Stay calm
- Don't hit them back or retaliate in any way

Stand up for others

Everyone has a part to play in stopping bullying. If you see it happening to someone else, offer them support and remember it is important to tell someone. By doing nothing, you are sending a message to the bully that their behaviour is acceptable – and it isn't!



Friendship

Don't play with people who hurt others. To have good friends you must be a good friend. Choose friends who are kind, share and who listen to you. Be kind, share and listen to them too. If your friends seem sad, try to help them and if you know someone is being bullied, tell an adult straight away.

Good Friends:

- Listen to each other
- Don't put each other down or hurt each other's feelings
- Are kind and helpful
- Help each other solve problems
- Can disagree without hurting each other
- Respect each other
- Are trustworthy
- Care about each other



Are you bullying someone?

If you are bullying someone, **STOP** and **THINK** about what you are doing. Bullying is not fun and it's not a joke. It hurts people and makes them feel sad.

Think about why you do these things. Is it because someone does it to you, or has done in the past and you're angry about that? Do you make someone else look small so you can feel better about yourself? Or are you scared that if you're not behaving in this way, you may be the one getting bullied? Whatever the reason, you need to **STOP**.

Talk to an adult you trust and tell them what has been going on. They will help you to stop bullying others and give you the support and encouragement you deserve.

Don't Stand By!
Stand Up
Stand Strong
Stand Together