

## How do I support someone who is being bullied?

- Seek the help of an adult in your safety circle/network.
- Show the victim kindness.
- Stick up for him/her.
- Point out to the bully that he/she is bullying.



## Don't ignore bullying because it doesn't involve you.

- Don't enjoy bullying.
- Watching someone being bullied and enjoying it is much the same as bullying someone yourself.

## What do I do if I am bullied?

### TELL SOMEONE YOU TRUST

- A friend or an older pupil
- An adult on your safety circle
- A teacher or tutor
- A school nurse or secretary
- Your parents
- Email: [worry@southlee.co.uk](mailto:worry@southlee.co.uk)
- Visit [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- Phone **Childline** 0800 11 11 or **NSPCC** 0800 800 500

## What will the school do if I am bullied?

### THE SCHOOL WILL SUPPORT YOU.

We will try to stop the bullying by talking to you and the bully and then to your parents and the bully's parents.

We will listen to all your concerns about bullying and we will put a plan of action in place to care for you.

If the bullying does not stop after efforts have been made to stop it, bullies can expect to be disciplined.



## FOR PUPILS

**Are you being bullied?  
Find out what to do inside.**



## What is Bullying?

Bullying is anything that intends to hurt or upset someone again and again. It makes them feel ashamed, unhappy or afraid.

### Bullying can be:

- Hitting
- Kicking
- Punching
- Biting
- Pinching

OR ANY ACTION INTENDED TO HURT  
SOMEONE'S FEELINGS

### Bullies can use words to tease someone about their:

- Personal Choices
- Colour/ Race/Religion
- Gender/Looks/Shape
- Intelligence
- Disabilities/Skills
- Nationality/Culture
- Family

## Bullies can use words to scare

They do this by shouting and/or threatening, or even by e-mail/text messages. Bullies leave people out of games. They refuse to co-operate or share.

### How do bullies act?

They are sometimes alone or sometimes in groups.

Bullies often get others to do their bullying for them.

They have the ideas but don't want to get caught bullying.

### What do bullies look like?

They come in all shapes and sizes, all ages, boys and girls, men and women.

Bullies are not always obvious.

Sometimes they might even appear to be popular.

Bullies like having power over people.

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

Support him/her—don't only support your friends or your class.

Support all victims, even those you may not like.

