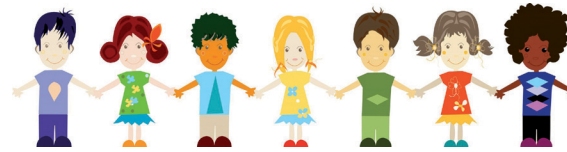


What should I do if I see someone else being bullied?

- 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.

School aims:

- To treat bullying seriously.
- To all work together to **S.T.O.P** bullying.
- To make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.
- To help everyone:
 - Get on well together.
 - Respect and understand each other.
 - Believe that everyone has the right to be who they are.



Other places to get help, advice and information:

- **KIDSCAPE:**
www.kidscape.org.uk
- **ANTI-BULLYING NETWORK:**
www.antibullying.net
- **CHILDLINE:**
www.childline.org.uk
or telephone: 0800 111 to speak to a counsellor. Calls are free and confidential.

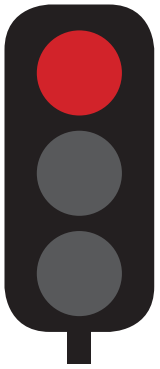


St Mark's Anti-Bullying



St. Mark's C. E. Junior School





RED

What is bullying?

One way to remember is

Several
Times
On
Purpose



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



AMBER

What should I do if I'm being bullied?

Remember to

Start
Telling
Other
People



If you think you are being bullied, **YOU NEED A HELPING HAND!** Tell someone as soon as you can, a friend, mum or dad, teacher or any other adult.



GREEN

If you are being bullied:

Here are some

Strategies
To
Overcome
Problems



DO . . .

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care.
- Remember - it is **NOT** your fault.

DON'T . . .

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

