

## What Shall I Do If I'm Being Bullied?

**S**tart  
**T**elling  
**O**ther  
**P**eople

**STOP**  
BULLYING



**STOP**  
BULLYING

## What Should You Do If You See Someone Else Being Bullied?

**Don't ignore it—TAKE ACTION!**

If safe to do so, tell the bully to **STOP!**

Otherwise tell an adult straight away

**SPOT IT AND STOP IT!**

**Be A Buddy Not A Bully!**

## Is it bullying?



Bullying is...

**Several**  
**Times**  
**On**  
**Purpose**



Unsure? Tell an adult

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# Neston

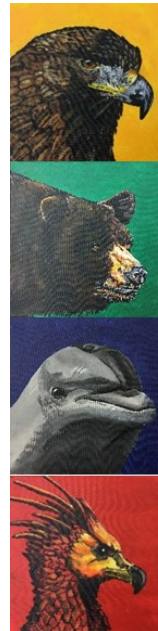


## Neston Primary School

## Anti-Bullying Leaflet

Created & Agreed by the Children's  
Leadership Team March 2023

At Neston Primary School, we believe that everyone should feel safe and secure. We celebrate that we are all different and are proud of who we are. We feel everyone should behave in a friendly and respectful way with no bullying. Everyone at our school is equal and should be treated equally.



All the children in  
our school have the  
right to feel safe  
and happy

## How Should We Behave?

We should behave in a respectful way. This means we should be friendly and kind to everyone, even if you do not really like them.



## What Is Bullying

Bullying is the behavior of a single person or a group of people that hurts another person on purpose. The behavior is usually repeated over time and it is difficult for those being bullied to defend themselves.

Bullying has to happen several times and be on purpose. Bullying can be:-

- ◇ **Emotional**—hurting your feelings, ignoring you, leaving you out and laughing at you.
- ◇ **Physical**—punching, kicking, spitting, hitting, pushing
- ◇ **Verbal**—being teased, name calling, spreading rumours, sarcasm
- ◇ **Racist**—calling you racist names, graffiti, unkind gestures, teasing you about your culture and religious beliefs
- ◇ **Homophobic**—calling you names related to your sexuality such as 'gay'
- ◇ **Gender**—unwanted and inappropriate contact or comments
- ◇ **Cyber**—saying unkind things by text, e-mail and messaging services e.g. Instagram, Kik, Snapchat & Skype

## What We Can Do If We Feel We Are Being Bullied?

- ◇ Tell an adult or a friend
- ◇ Walk away from a situation
- ◇ Stay with our friends at playtime so we feel safe and part of a group
- ◇ 5 Trusted adults

No one deserves to be bullied and if someone decides to bully us, we must remember that it is not our fault.

It is important to tell an adult either at home or at school if we feel that we are being bullied. The staff at school will always take us seriously and sort out the problem.



## What Can We Do If We Feel Someone Else Is Being Bullied?

- ◇ Be a good friend, talk to them and encourage them to do the right thing by telling an adult.
- ◇ If they are too scared, then you should tell someone for them.

## What Should We Do At Neston Primary School To Stop Bullying From Happening?

- ◇ We have school rules and PSHE (personal, social and health education) lessons where we learn how to treat other people properly and how we should expect to be treated ourselves.
- ◇ The staff set a good example by showing us how to treat each other.
- ◇ We often talk about respect in school and what this means. If we tell an adult that we think we are being bullied, they will listen to us and help us to sort it out.

