



# Anti-Bullying Leaflet for Children



## What is Bullying?

Bullying is done by a person or group

**Several Times On Purpose**

Bullies do something which is meant to hurt, or make another person feel sad or scared. Bullying can happen anywhere, even on the internet or on social media too!

Bullying can be:

**Emotional:** Hurting people's feelings, leaving people out / ignoring people.

**Physical:** Punching, kicking, spitting hitting, pushing.

**Verbal:** Being teased, name calling.

**Being mean about someone for being**

**different:** Calling you names if you look different or believe different things.

**Cyber:** Being mean to someone when using computers, phones and games consoles.



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

Tell them to STOP if you can

Ignore them

Walk away

TELL SOMEONE



## What Do I Do If I See Someone Else Being Bullied?

Tell them to STOP if you can and it is safe to do so

TELL SOMEONE or it might keep happening

## Who Can I Tell?

Tell A Trusted Adult

This can be someone at home, someone at school, or both!

We promise to always treat bullying seriously at school.

**Start Telling Other People**

