

Useful Contacts:

Childline:

Freepost 1111
London N1 0BR
0800 1111 (free)
www.childline.org.uk

Kidscape:

152 Grosvenor Gardens
London SW1 0DH
020 7730 3300
www.kidscape.org.uk

Anti-Bullying Network:

Morah House School of Edu
University of Edinburgh
Holyrood Road
Edinburgh
EH8 8AQ
www.antibullying.net

WPS Bully Busters



Advice for Pupils



A bully can make you feel:

- Sad
- Worried
- Scared

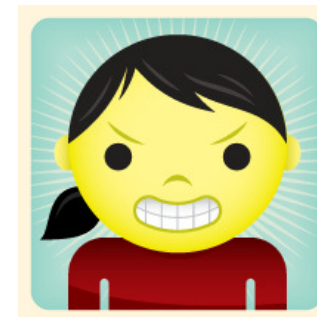


A bully is someone who might:

- Call you names
- Hit or push you
- Take things from you
- Leave you out of games

If you are bullying someone:

- Even if you think bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.
- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing. Talk to someone about how you feel.
- If you keep on bullying you could get into a lot of trouble.



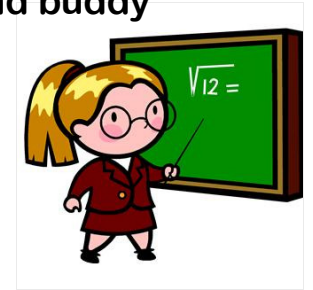
If you see someone being bullied:

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them talk about it with a teacher or another adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to?
- Even when there is a lot of bullying at school, sometimes teachers don't know about it. If they are going to be able to do anything about it, teachers need to be told what is going on.
- Could the School Council help?



If you are being bullied you should:

- Tell an adult—your Form Teacher or another teacher, Mrs Penn in the office or your Mum or Dad
- Tell a friend or a playground buddy
- Talk about it in Circle Time
- Avoid fighting back



If you are bullying someone:

- You are making other children feel scared and upset
- You might be upset or angry about something and are taking it out on other children
- You could talk to someone about what you are doing and how you feel
- You could end up in a lot of trouble if you keep doing it

If you are being bullied:

- You shouldn't feel ashamed about being bullied. It's not your fault—but it is important that you get help. No one deserves to be bullied.
- Who can you talk to about what is going on? Do you have a friend or someone in your family you trust? Talk to them about what is happening and how it makes you feel. They might be able to help you work out what you want to do next.
- Our school has a policy on what to do about bullying. If you tell a teacher what's happening, they can let you know how the school can help.
- Sometimes children tell someone that they are being bullied and it does no good—nothing changes. If this happens to you, don't give up! Is there someone else you can talk to?



- Write down what has been happening and when and where it has happened. If it helps, draw a picture or write a song or poem about what is happening and how it makes you feel.

It is important to feel safe. Can you protect yourself from the bullies? Would it help to walk home with friends instead of on your own or to ask someone to stay with you?

Remember, you don't have to put up with being bullied.

