



**Avon Primary
School**



Written by Year 6 2012

What is bullying?

Bullying is when someone is mean to you quite often. You feel that person picks on you. In this leaflet you can find out what to do if you think someone is bullying you.

Remember.....

Bullying is serious

- When it happens repeatedly—several times by the same person
- When you ask them to stop and they don't

'Stop and think, words can hurt' 2011

'Take action together' 2010

'Being different, belonging together' 2008

'We're better without bullying' 2012

'Spot it and Stop it!' 2013

There are different types of bullying. Here they are:

- Physical bullying — kicking, punching, pushing, pinching
- Silent bullying — making rude and/or silly faces at you. Turning their back on you. Pulling their chair away and not wanting to sit next to you.
- Verbal bullying—calling you names. If someone writes/says nasty things about you on the internet, this is cyber bullying.
- Signs — making rude and nasty signs at you.
- Extortion—Taking your things or asking for something and threatening you with something nasty if you do not give them what they want

4 steps you should know to deal with bullying.

1. Say 'STOP IT' or 'STOP IT, I DON'T LIKE IT'.
2. Tell a friend/ Someone you can trust.
3. If the bully continues, then that is when you tell an adult. The adult must write down details about the incident.
4. If it happens again, tell a adult. They take the notes to Mrs Atkins, Mrs Morris or Mr Bacon. These adults will deal with the situation.
5. Parents are contacted.

You should

- **Never** bullying
- **Always** tell someone if you think you have been bullied
- **Never** stand by and watch someone being bullied. If you do not speak up for them or tell an adult, you are as bad as the bully.

'Stay safe in cyber-space'

- Your parents/carers need to **know** the websites you visit
- You need to be **13** to have a 'face-book' account
- Do not **accept** emails from people you don't know
- If anything is said that makes you worried **tell** an adult
- Make sure the website **knows** about this bullying
- Tell your parents or carers



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AGAINST BULLYING

STOP

Start

Telling

Other

People