

What is bullying?

Bullying is where someone repeatedly does something to you that hurts you physically or verbally

- * Cyber bullying (bullying through technology)
- * Verbal bullying is being mean with words
- * Physical bullying is where someone punches kicks or pushes the victim

Useful resources

- ⇒ **Kidsmart**
- ⇒ **Childline—08001111**
- ⇒ **About Kids Health**
- ⇒ **Anti-Bullying**
- ⇒ **Bitesize—Cyberbullying**

People who can help

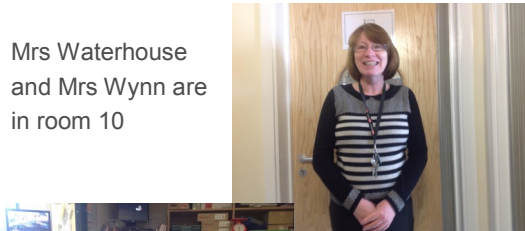
All of the adults in Short Wood will listen and sort out any problems you feel you may have. Here are some of the people you could ask:



Mrs Felton and her lunch time team



Mrs Harris and Miss Kirby are ready to listen



Mrs Waterhouse and Mrs Wynn are in room 10



Jane is always ready to help, Louise works with Jane too.

Mel and the other office staff will help

Short Wood Primary School's Anti-Bullying Guide

Designed and created by Short Wood School Council 2014/2015



TOGETHER WE CAN STAMP OUT BULLYING

Our experiences

I've been bullied, I told a teacher and they sorted it out

I've been a bully and I said sorry and never did it again

My friend was a bully and I persuaded them to stop

My friend has been bullied , I helped them to tell an adult and with their help in the end we made friends with the bully

How can we help the bullies

- We can work together to show them the right way
- Tell a teacher
- We need to teach the bullies that in the future it could happen to them
- When wrong choices are made we have to own up

How to stop bullying

- Ignore them
- Tell an adult you trust
- Stand up for yourself
- Report online bullying using CEOP
- Find a friend you trust to tell, then get an adult to help
- Ring Childline (0800 1111)