

If you are being bullied...



DO

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Tell someone.
- Walk away.
- Remember it is NOT your fault.



DON'T

- Hit them back.
- Use rude words.
- Get angry and fight back.
- Ask someone else to hurt them.
- Hide it.

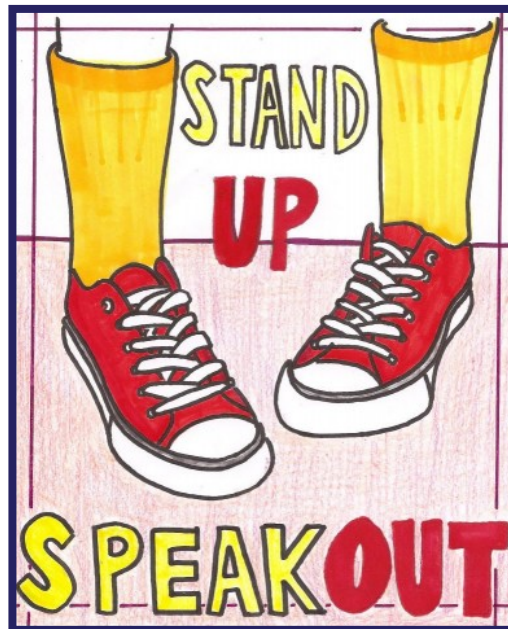
If you see someone else being bullied...

- Don't walk away and ignore it.
- Ask the person to STOP if it is safe to do so.
- Tell an adult straight away.

We take bullying seriously!

The adults at Kirby Muxloe Primary School will work together to:

- Make KMPS a safe place where everyone can feel happy.
- Help everyone get along with each other by teaching teamwork and resilience.
- Celebrate everyone's uniqueness because we believe that everyone has the right to be who they are.

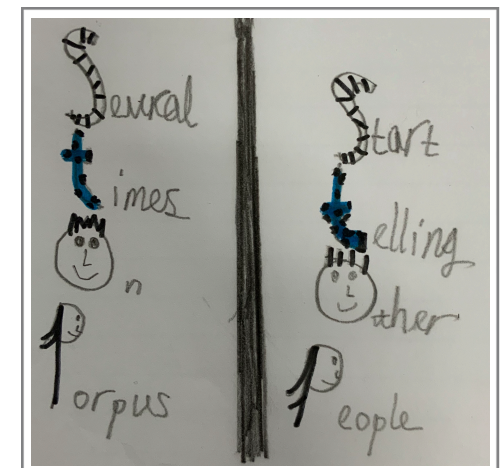


For more information...

beyondbullying.com

Anti-Bullying Guide

For children at KMPS



March 2020

What is Bullying?

Bullying is where someone hurts you more than once, by using unkind words or behaviour which upsets or frightens you.



Hitting, kicking, spitting, pinching, pushing, blocking.



Teasing, name calling, rude names, threats, racist remarks (differences of race, ethnicity or culture).



Spreading rumours, leaving you out on purpose, telling others not to be friends with you.



Saying unkind things by text, email, online, gaming and apps.

Bullying is NOT...

- Falling out with a friend
- An accident
- Something that only happens once.
- A one off physical action e.g. being pushed by someone.



When is it bullying?

Bullying is hurtful behaviour that happens **several times on purpose**.

Several
Times
On
Purpose

Who can I tell?

There is always someone who can help,

A helping hand is when you think of 5 people you could tell if you are being bullied.

Can you think of 5 people you can tell?



Start
Telling
Other
People