

If you are being bullied...



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Don't let the bully see that you are upset or crying.



Don't get angry with the bully and hit them.

You can try to stop the bully by



Looking at the bully in the eyes and telling them to go away.

Or don't speak to the bully and walk away



Tell someone you trust

Remember it is **not your fault** that you are being bullied.

What else can you do?

- Breathe
- Have some time alone
- Use the class worry box
- Do something you enjoy

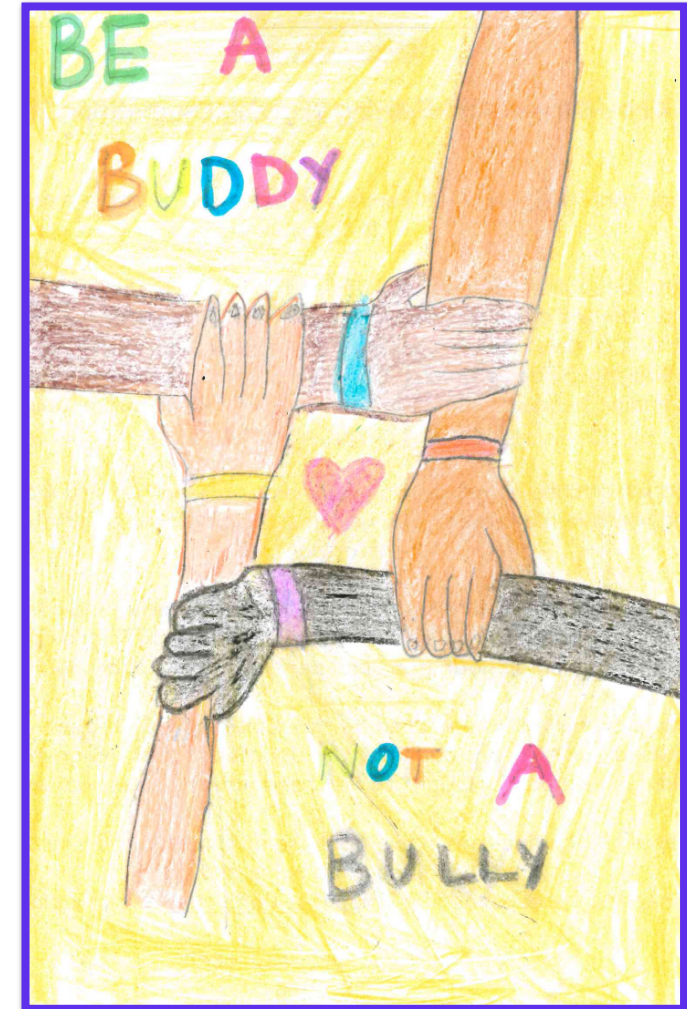
We take bullying seriously!

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

- Make school a safe place where everyone feels 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.



Anti-Bullying Guide For children at KMPS



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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, making 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, impersonating others or sharing without permission 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.



By Freya Hodgett

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:

- Family
- Friends
- Teachers
- Support staff
- Lunch time staff
- Club leaders



Websites you can go to:

beyondbullying.com
childline.org.uk
kidscape.org.uk
anti-bullyingalliance.org.uk
NSPCC.org.uk
youngminds.org.uk
opendoorleicester.org

Or call Childline:

0800 1111