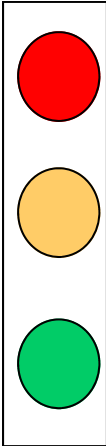


If you are being bullied:

DO



- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault



DON'T

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

The Leicestershire Anti-bullying Team's Aims:

- We will all work together to **S.T.O.P.** bullying.
- We want our schools to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.
- To deal with bullying in schools, we will help everyone:
 - To get on well together
 - Respect and understand each other
 - To believe that everyone has the right to be who they are.



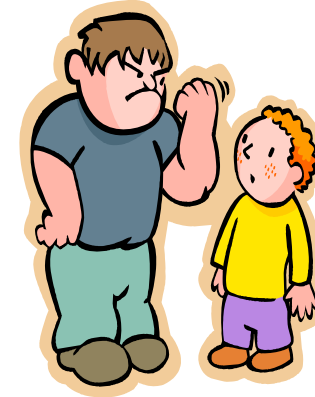
Leicestershire Anti-bullying Team

Educational Psychology Service
Leicestershire County Council
OEM Building, Whiteacres
Cambridge Road
Whetstone, Leicester LE8 6ZG

Phone: 0116 2845100
Fax: 0116 2845184
Email: rosborn@leics.gov.uk



Leicestershire
Anti-Bullying Team



Child Friendly Anti-bullying Policy

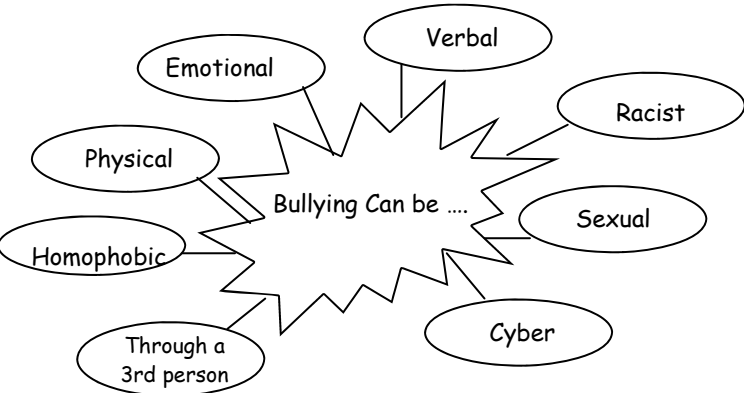
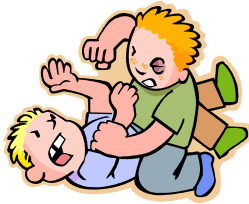


www.beyondbullying.com

Telephone: 0116 2845100

What is bullying?

In our schools a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Emotional: Hurting people's feelings, leaving you out, being bossed about.

Physical: Punching, kicking, spitting, hitting, pushing.

Homophobic: Calling you gay or lesbian.

Through a 3rd person: Sending a friend with horrid messages.

Verbal: Being teased, name calling, hand signs

Racist: Graffiti, calling you racist names.

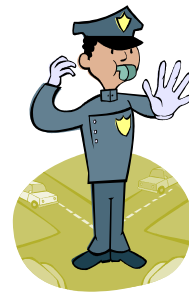
Sexual: Rude comments, touching you when you don't like it.

Cyber: texts, e-mail.



When is it bullying?

SEVERAL
TIMES
N
PURPOSE



What your school can do to help

They should always treat bullying seriously.

They should try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.

Who can I tell?



What should I do if I am bullied:

START
TELLING
THER
PEOPLE

