

What do I do if I think I'm being bullied?



Anti-Bullying Pupil Guide

Greet Primary School



What is bullying?

Bullying is when someone else, or a group of people, is intentionally mean to a person more than once. As it is intentional they know that they are doing it and they know that it makes the other person upset.

How do I know if it is bullying?

Sometimes people are rude to others. When people are rude they don't mean it. However, sometimes people are mean. A mean comment is not said accidentally. Remember, if people are mean to you or someone else more than once then this is bullying.

A girl being rude about the boy's glasses



A boy being mean about the boy's glasses



"Why are you so annoying! You look so stupid in those ugly glasses!"

Who can be bullied?

Sadly, anyone can be bullied, whatever their age. People can be bullied in different places: at home, work and in school. **Remember, it is not the victims fault if they are being bullied.**

What do bullies do?

Bullies can bully people in lots of ways including:

- Saying unpleasant things.
- Making hand gesture (such as the loser sign).
- Threatening people.
- Excluding people from playing with their friends on the playground.
- Spreading rumours about people.
- Hitting and pushing people.
- Kicking people.
- Sending nasty text messages and emails.
- Posting nasty messages online.
- Hacking in to peoples online accounts. They then pretend to be someone else, such as you.
- Being racist (making comments about another person's skin).
- Being homophobic (calling people gay).

Why do people bully?

People bully for lots of different reasons. Sometimes they are sad, sometimes they are jealous of others and sometimes they just enjoy the feeling of power of other people. Although there is never an excuse to bully, bullies often need help.

What do I do to stop it?

Bullying never stops on its own, so.....

1. **You must talk to an adult.** Chose an adult you can trust. This could be a member of school staff (teachers, mentors, teaching assistants), your parents, or another member of your family, such as an older brother or sister.
2. **Record what the person or people are doing.** If you are being bullied by email or text, then save your messages.
3. **It is tempting to retaliate (do something back), but don't.** It is very likely it will make things worse. Also, don't stop being nice to other people, such as your family and your real friends.
4. **Think about other ways you can respond to the bully or bullies.** You could be assertive and say, "I don't like it when you say/do that – stop it."
5. **Only hang out with the people who make you feel good about yourself.** Someone who puts you down is not your friend.
6. **Be kind to yourself. Remember it is not your fault if you are being bullied.** To make yourself feel better why not try something new. You could join one of the after-school clubs for instance.

**If you cannot tell an adult at school or home, you
can always talk to ChildLine by
phoning 0800 11 11**