

Bullying happens all over the world

**HELP
USWORTH COLLIERY
PRIMARY SCHOOL**



**PUT A STOP
TO BULLYING!**

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How to avoid bullying:

You must stay with a friend or a person you can trust and ignore naughty people. Try and stay away from the person that has been bullying you. You could also try talking to the bully because maybe something has affected them at home or something has hurt them. You could also try explaining to the bully how you are feeling because they may have felt like that before too. Try using a stress ball or colouring in so that you don't lash out. Do not bully someone to get your anger out, this will only make things worse!

If you think you are being bullied follow this advice:

Remember, bullying is when someone upsets or hurts you on purpose, more than once.

If you think you are being bullied in any of these ways, do not keep it in. Tell a trusted friend or adult right away! Explaining your feelings to an adult can also be quite comforting as well. A problem shared is a problem halved.

Don't delay, tell an adult right away!

If you are being cyber bullied you need to **save the evidence and block them**. If you ever get Cyberbullied tell a **responsible adult or someone else that you trust**. You could also report them with CEOP.

If your being bullied
tell someone!



You have to do something
with your anger!



Don't Lash Out!

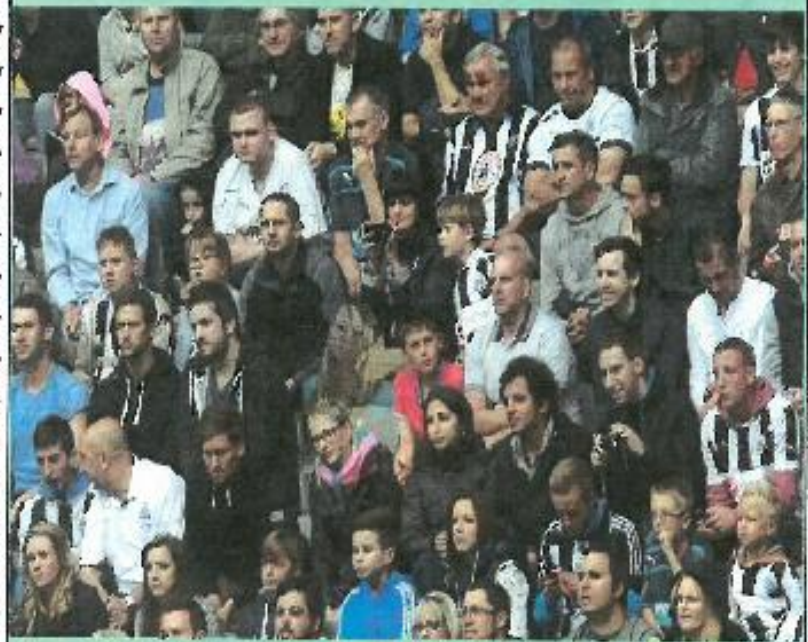
Don't keep it in!



There are so Many people being
bulged and most of them become
Something great in the future!
SO REMEMBER

If your bullied and
can't get on top STOP
and tell someone who
will help!
Don't keep that anger
in DO something to
Stop it and come out
on top!
BAD POLLYS!

you are not
invisible online



press the report
button.

cyber bullying letter

BY JASMINE AND
TEAGAN

ON HER PHONE



You are a pig
You are so ugly

1 HOUR LATER SHE TAKES ACTION AND
PUSHES THE BUTTON!

AFTER READING
THE COMMENT



YOU HAVE BEEN
REPORTED

YOU
NALIGHTY
BOY !!!

AT SCHOOL



2 DAYS LATER THE VICTIM
FELT HAPPY!

Cyber bullying

Cyber bullying is when people bully on line and say unkind things about you. Cyber bullying is also when you get nasty texts or phone calls and people say horrible things. When cyber bullying happens, it might happen on a phone, console or online.

People shouldn't send or post nasty or embarrassing messages to you or other people you might or might not know. Also be careful not to post or send anything that you might be embarrassed of one day, or anything that gives away too much personal information about you.

***"If you wouldn't wear it,
don't share it!"***

What to do when you get cyber bullied

When you get cyber bullied you might have horrible thoughts and you shouldn't, because you have people you can talk to like your teachers, your parents or you could call ChildLine. You shouldn't react back because you will get into trouble and you need to try and be the better person and do the right thing. If you get cyber bullied you need to **save the evidence and block them**. If you ever get bullied it is a good thing to always tell a **responsible adult or someone else you trust**. You could also **report them**. You can do this with **CEOP**. This is their symbol:



***You Are Not Invisible
Online***



***Keep The Evidence
And Show A Trusted
Adult!***

Verbal Bullying

Verbal bullying includes:

- Naming people nasty things.
- Verbal abuse.
- Rude remarks.
- Offensive language.

George is being called big eared and it's not the first time. Lukas has been doing it for months now and it hasn't stopped. This is an example of verbal bullying.



Advice

If you think you may be bullied just like this, do not keep it in tell a trusted adult right away! Explaining your feelings to an adult can also be quite comforting as well! You may not want to tell an adult so tell a trusted friend instead.

Don't delay, tell an adult right away!

You could also try talking to the bully. Maybe something has effected them at home or something has hurt them.

Another method is to completely ignore them and they will find another victim but also tell someone just in case.

Racist Bullying

Racist bullying is when someone is purposely nasty to someone else because they are from a different country and have a different culture. It is also when someone is nasty to someone else because they have a different skin colour, speak a different language or have different beliefs.

Never Bully!

It does not matter where you come from.

We should all be treat the same!

We might look different but we are all the same inside.



Homophobic Bullying

Homophobic bullying is when a bully picks on someone because they are in a relationship with someone who is the same gender. It is also when people say nasty things to each other like "That is so Gay!" or "You are so gay!"

We are all different! Don't hurt other people's feelings on purpose

Physical Bullying

Physical bullying is any abusive touch that happens often. For example punching, slapping, kicking and pushing someone to hurt and upset them. All these acts are bad and no one should do them. It is also when someone's property is stolen or damaged by someone else on purpose.

If you're being hurt tell someone instead of keeping it in. Buy a stress ball or punch a pillow to get your anger out. What not to do: lash out or hurt somebody or bully someone else because that's bad.

If someone is damaging your property tell the police because it's criminal damage or get the bully to pay for it. Do not damage their property or hurt the bully or you're a criminal as well.

P H Y S I C A L
B U L L I N G



STAMP OUT
BULLYING FOR
EVER

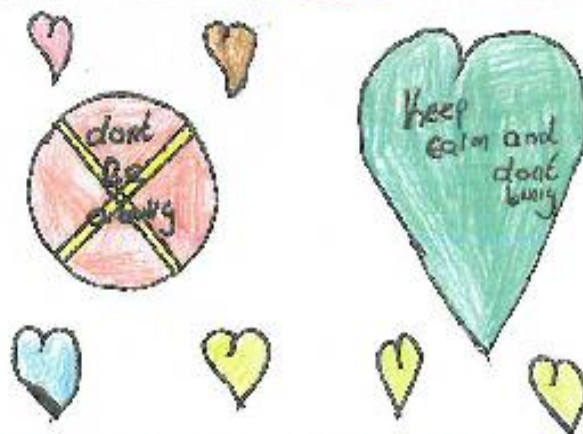
Bullying is bad help us to stop it!!!

Sexist Bullying

Sexist bullying is when someone bullies you because of your gender. People should respect each other whether they are a girl or a boy.

If your being bullied about your gender you should tell someone and get it sorted even if it seems as though it is just something minor at first. It can sometimes cause very extreme things such as suicide!

STOP IT!!!



The examples are endless! Just one of the examples are "you scream like a girl" or "You can't play football with us because you're a girl". There are much worse comments that can really hurt people's feelings.

BULLYING IS BAD!!!

STOP IT!!!

Cyber-bullying!

ONE DAY ON
FACEBOOK



WHY
ME???



HA HA
HAA

A FEW DAYS
LATER...

You are a pig

You are so ugly



WHAT
SHOULD I
DO?

THE BULLYING
CONTINUED...

"U are a loser.
U have no
friends."

THE NEXT DAY...



WHY ARE
YOU CYBER
BULLYING?



LIAR!!!

THE BULLY GOT
EXPELLED!

EXPELLED

HIS MUM WAS FURIOUS!



Anti-Bullying Week

The END!