

IF YOU ARE BULLIED:



DO...



- use the 3-step stop it
- use assertive body language
- ignore the bully
- walk away
- use the make it better box
- talk to an adult
- tell someone

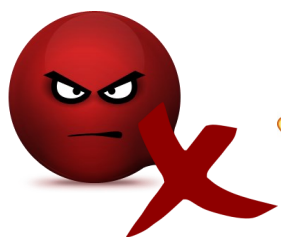


tell someone!



DON'T...

- do what they say
- get angry
- hit them
- think it's your fault
- keep quiet or hide it



WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

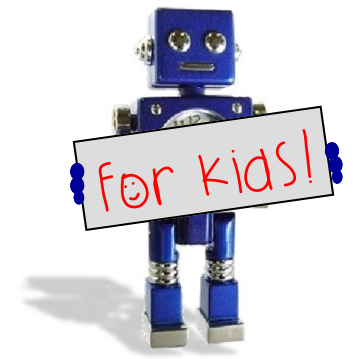
- help!
- let the bully know what is happening
- use the 3-step stop it
- tell someone straight away



ALL ADULTS IN THE SCHOOL WILL WORK TOGETHER TO:

- **S.T.O.P** bullying
- make walton oak a place where everyone can feel safe and happy
- help everyone get on with each other
- support everyone's right to be who they are

ALL ABOUT BULLYING



WHAT IS BULLYING?

IT IS BULLYING IF...

- Someone does something on purpose to hurt, frighten or upset someone else
- They have been asked to stop but they carry on
- A big child is mean to a smaller one
- A group of children gang up on one person

THERE ARE 7 TYPES OF BULLYING:

- **EMOTIONAL**— hurting people's feelings, leaving you out, being bossed about
- **PHYSICAL**— punching, kicking, spitting, pushing, biting
- **HOMOPHOBIC**— calling you gay or lesbian
- **VERBAL**— name calling, teasing
- **RACIST**— being mean to someone because of the colour of their skin or what they believe
- **SEXUAL**— rude comments, touching you when you don't like it
- **CYBER**— saying unkind things by text, email or online

WHAT IS THE 3 STEP STOP IT?

1.



“STOP IT!”

2.



“I DON'T LIKE IT WHEN YOU DO THAT!”

3.



“IF YOU DO IT AGAIN I WILL TELL!”



WHO CAN I TELL?

- Someone you trust
- a friend
- mum and dad
- a teacher
- a teaching assistant
- a lunchtime leader
- any other adult

