

The William Hogarth School: Anti-Bullying Ambassadors Children's Guide to Preventing Bullying

What is bullying?

Bullying is where someone does something hurtful to someone repeatedly.

It is meant to hurt someone's feelings or physically hurt them.

Bullying is not:

An accident

Falling out with a friend

Something that happens only one time

What are the types of bullying?

V - Verbal

I - Indirect

P- Physical

Verbal bullying

includes: swearing, name-calling, criticising, threatening

Indirect bullying

includes: cyber bullying, leaving people out, talking about people behind their backs

Physical bullying

includes: hitting, punching, tripping over, kicking, pushing, shoving

Where could bullying happen?

Bullying can take place in a range of places:

- In school
- Outside school
- Online

Verbal and Physical bullying often take place in hidden areas, where no one will see.



What should you do if you are being bullied?

STOP

Start

Telling

Other

People

Do:

Ask the bully to stop

Ignore them

Talk to a friend

Use your class worry box

Tell a trusted adult

Do not:

Fight back

Hide it

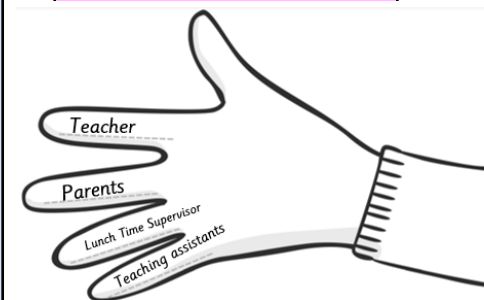
What if someone you know is being bullied?

Tell an adult straight away.

Tell the bully to stop!

Comfort the person who has been bullied and tell them to speak to someone.

Do not argue and fight with the bully.



Our helping hand