

# 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

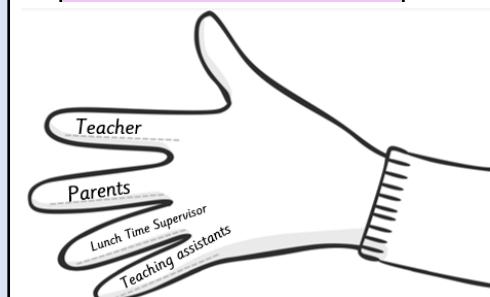
### What if someone you know is being bullied?

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