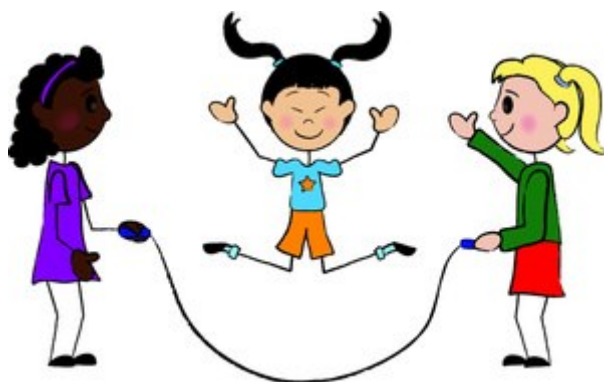


De Bohun's Anti Bullying Campaign



Advice for KS2 Pupils



What is bullying?

Bullying happens when someone is made to feel sad, upset and frightened deliberately many times by someone else over and over again.

These are some of the ways children have described bullying:

- Being teased or called names
- Being hit, pushed or kicked
- Having money or other things taken from them
- Being ignored or left out
- Being picked on because of their religion, skin colour or where they came from.
- Being bullied over the internet, (cyberbullying)

If you are being bullied:

- You shouldn't feel ashamed about being bullied. It's not your fault- but it is important that you get help. No one deserves to be bullied.
- Who can you talk to about what is going on? Do you have a friend or someone in your family you can trust? Talk to them about what is happening and how it makes you feel. They might be able to help you to work out what you want to do next. Can you speak to a Peer Mentor at school?
- All incidents are treated extremely seriously at De Bohun Primary School. Tell an adult at school if you feel you are being bullied. They can let you know how the school can help.
- Write down what has been happening and when and where it has happened. Also write about how the bullying makes you feel.
- It is important to feel safe. Can you protect yourself from the bullies? Would it help to walk home with friends instead of on your own?
- Remember, you don't have to put up with being bullied.

If you see someone being bullied:

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them to talk about it with an adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to? Adults need to know what is going on.

- Ask a Peer Mentor for help.

If you are bullying someone:

- Even if you think bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.
- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing. Talk to an adult about how you feel.
- If you keep on bullying you could get into a lot of trouble.

Useful contacts:

Childline:	0800 111 (free)	www.childline.org.uk
Bullying UK	0808 800 2222	www.bullying.co.uk
Kidscape	0207 7 30 3300	www.kidscape.org.uk 1593



