

Are you being **bullied**?



REMEMBER TED

- Tell parents/teachers or friend
- Explain what has happened and how you feel
- **DON'T** keep it to yourself

YOU CAN ALWAYS VISIT:

www.kidscape.org.uk
www.bullying.co.uk
www.childline.org.uk
www.thinkuknow.co.uk

OR

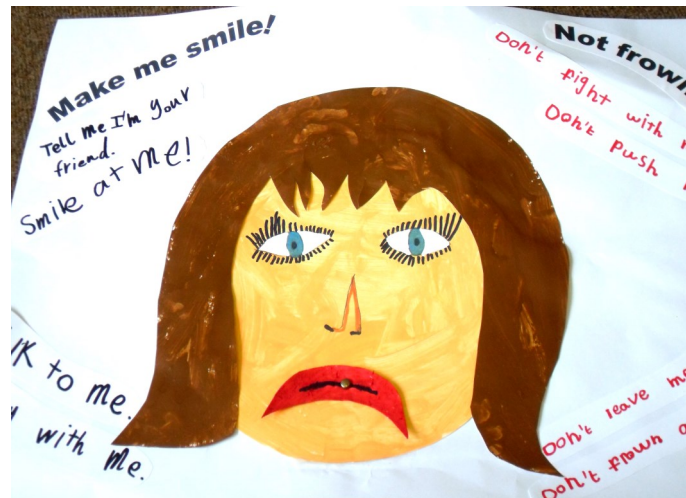
PHONE CHILDLINE ON 0800 1111



WE DESIGNED A POSTER DURING OUR ANTI-BULLYING WEEK.



MAKE ME SMILE! NOT FROWN!

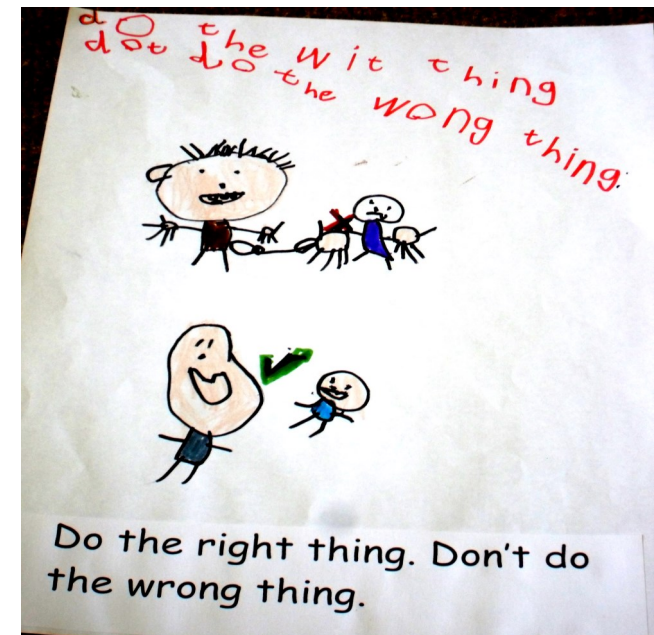


No one deserves to be **bullied** and there are things that can be done to help you.



MONKS COPPENHALL ACADEMY

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending him or herself.



BULLYING IS NOT OK.

You have the right to be safe from harm.

THE VICTIM



'A VICTIM IS SOMEONE WHO IS TARGETED BY BULLIES.'

DO NOT blame yourself for what is happening—the **bully** is to blame. If you are being **bullied** **DO NOT** keep it to yourself. Tell an adult, in school or let your parents know. Avoid being in places where you feel at risk. Tell your friends or an older child whom you trust about the **bullying**. Together with the adult work out a plan of action.

THE BULLY

'A **BULLY** IS SOMEONE WHO BEHAVES BADLY TOWARDS ANOTHER PERSON AND MAY HURT THEM OR THEIR FEELINGS. THEY MAY **BULLY** BECAUSE THEY ARE HAVING BAD TIMES OR HAVE BEEN **BULLIED** BEFORE THEMSELVES.'

THE BULLY IS TO BLAME.



WE ARE NOT AFRAID TO REPORT **BULLYING** AT MONKS COPPENHALL. WE WILL ALWAYS TELL ON **BULLIES**. WE WILL WORK TOGETHER TO STAMP OUT **BULLYING**.

THE BYSTANDER



'A BYSTANDER IS SOMEONE WHO DOESN'T DO ANYTHING ABOUT THE **BULLYING** AND STANDS BACK TO LET THE **BULLYING** CONTINUE. THIS MAY BE BECAUSE THEY ARE TOO SCARED TO DO ANYTHING.'

If you know someone who is being **bullied** **DO NOT** keep it to yourself.

If you see someone being **bullied**, **DO NOT** ignore it—report it to a teacher or adult in school.