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

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

for kids!
**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

**KEEP CALM AND ASK FOR HELP**