

## If you are bullied:-

### DO:-

- Ask them to STOP if you can.
- Ignore them.
- Walk away.
- TELL SOMEONE.



### DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

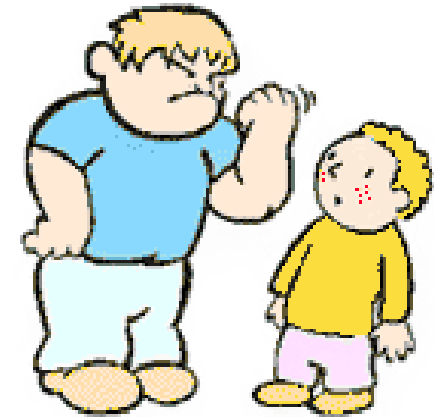
## What should I do if I see someone else is being bullied?

- Tell an adult.

The Head, the Governors, the staff and the Anti-bullying Team will work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

## Ravenswood School



## What to do if you feel bullied

## What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



**Emotional:** Hurting people's feelings, leaving you out, ganging up.

**Physical:** Punching, kicking, spitting hitting, pushing.

**Verbal:** Being teased, name calling, threatening.

**Racist:** Graffiti, calling you racist names.

**Cyber:** saying unkind things by text, e-mail or any social networking sites such as facebook and msn messenger.

## When is it bullying?

**Several**

**Times**

**On**

**Purpose**



**We promise to always treat bullying seriously.**

## Who can I tell?

A Friend

Mum/Dad

Adults in school



**MOST IMPORTANTLY:-**

**If you are being bullied:**

**Start Telling Other People!**