

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.

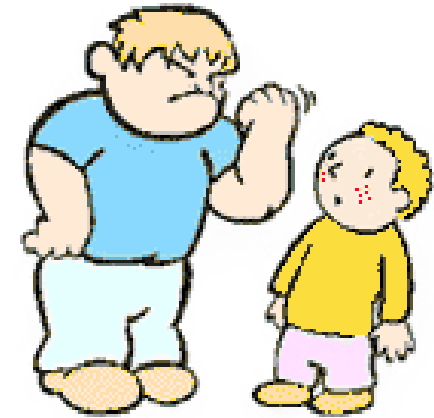
What should I do if I see someone else is being bullied?

- 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!