

ANTI-BULLYING CODE

- No-one has the right to make you feel upset.
- In the playground make sure that you can always be seen by an adult.
- If you think someone is coming to hurt you, walk away or run away.
- If someone hits you do not hit back. This is what the person wants you to do so that they have an excuse to hit you again. **Tell a teacher, or any adult in the school. You must also tell your parent.**
- If someone threatens you over and over again, that is bullying. **Tell a teacher, or any adult in the school. You must also tell your parent.**
- If someone tries to force you to give them money, food or something that belongs to you, that is bullying. Never give anyone anything that you don't want them to have. **Tell your teacher, or any adult in the school. You must also tell your parent.**

REMEMBER

TELL A TEACHER OR OTHER GROWN-UP IN SCHOOL AND KEEP ON TELLING THEM UNTIL THEY LISTEN

Sometimes adults think you are just "telling tales" but the only way a bully will stop is if you tell an adult. So keep on telling them until they listen and do something about it.

IF YOU THINK SOMEONE ELSE IS BEING BULLIED TELL SOMEONE

The person being bullied may be too frightened to do anything about it.
YOU CAN HELP by telling a teacher, or any adult in the school.

What Do You Do If You Know Someone Is Being Bullied?

- a) Take action! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.
- b) If you feel you cannot get involved, tell an adult immediately. Teachers will deal with the bully without getting you into trouble.
- c) Do not be, or pretend to be, friends with a bully.