

# Put the brakes on BULLYING

Don't  
keep it  
a secret

Did you  
tell a  
teacher?

Tell  
an  
adult

How  
does  
it  
feel?

Are you  
a bully?

Report  
bullying



# NOW

...PHYSICAL



...CYBER



...VERBAL



## Are you a bully?

- Do you tease others?
- Do you put people down?
- Do you push people around?
- Do you use the internet to do it?

You may not realise you are doing it but this is bullying. It might be because you are angry or upset or because others are doing it to you. But bullying is not OK!!

## How to stop bullying

- Don't keep it a secret
- Talk to a friend
- Talk to an adult you know
- Don't listen to what the bully says
- Report cyber-bullying

## The consequences for bullies!

- You will be caught and stopped
- Any type of bullying will be taken seriously
- Bullies will get in trouble
- Your parent will be told

## Advice for friends, parents or teachers

If a child tells you they are scared, sad or lonely or tells you they are being bullied – or gives you the Bully slip on the back of this leaflet- Take action!

- Look at it from their perspective
- Remember when you were a child
- Don't let emotions take over (anger, upset), remain calm, listen to everything they have to say and take action.

# If you need help

## Call

Childline **0800 1111**

## or visit



[childline.org.uk](http://childline.org.uk)



[beatbullying.org](http://beatbullying.org)



[antibullying.net](http://antibullying.net)



[anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk)

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## Bully Slip

This is the Bully Slip. A way to tell someone about a bully if you are not sure how to say it in words. Remove this slip and give it to a teacher, parent, carer or friend.

If you have received this slip the person who gave it to you or someone they know is being bullied. **Take action now!**