



Bullying is behaviour that hurts someone several times on purpose.

Types of Bullying

-**Physical bullying:** hitting, kicking, punching or tripping someone up.

-**Emotional bullying:** excluding someone, humiliating or intimidating them.

-**Cyber bullying:** (online bullying) being unkind to someone using online technology like a mobile phone or through a chat room on the internet.

-**Verbal bullying:** name-calling, being sexist, racist or homophobic, teasing someone.

-**Indirect bullying:** spreading rumours about someone, excluding or ignoring someone, making silent or unkind phone calls, sending unkind messages, writing unkind graffiti.



If you are being bullied:

- Tell the bully to STOP.
- Walk away.
- Tell a friend.
- Tell an adult.
- If things don't improve, tell a different adult.

At Eastburn, we celebrate diversity. We are kind, considerable and respectful towards other people.



If you see someone else being bullied:

- Tell the bully to STOP.
- Tell an adult.
- If things don't improve, tell a different adult.

Other things you can do:

- Speak to a BEAMs Ambassador.
- Write a note in the worry box.
- Phone Child Line



Stand up, speak out and tell someone!