

If you are being bullied:

DO...

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Tell someone.
- Remember it is not your fault and you are NOT alone.

DON'T...

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



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

- Tell someone, don't walk away and ignore the bullying!
- Tell the bully to **S.T.O.P.** if it is safe to do so, and that you will tell an adult.
- Don't stay silent or the bullying will keep happening.

Leicester City Aims:

- We will all work together to **S.T.O.P.** bullying.
- We want to make all people feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying we will help everyone:

- Get on well together.
- Respect and understand each other.
- To believe that everyone has the right to feel safe and happy.

Please contact
Psychology@leicester.gov.uk
for more information.



Worried about bullying?

Anti-bullying advice for children and young people

What is bullying?

A bully is a person who hurts someone deliberately, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be:

Verbal: being teased, being called mean names, being threatened.

Physical: being punched, kicked, hit, pushed.

Emotional: having your feelings hurt, being left out, being bossed about.

Racist: saying mean things about your race, being called names.

Cyber: being sent mean messages by text message, email or on the internet.

Sexist: saying rude comments to you about being a boy or a girl.

Homophobic: Calling you gay or lesbian in a nasty way.

Through a third person: other people sending you horrible messages.

Bullying is likely to be ...

- S** Several
- T** Times
- O** On
- P** Purpose

What should I do if I am being bullied:

- S** Start
- T** Telling
- O** Other
- P** People

Who can I tell?

- Mum/Dad
- Grandparents
- Club Leader
- An adult you know and trust
- A Friend



What you can do to help

You should always treat bullying seriously.
Find a way to make it **STOP** so that you can feel safe and happy in life.

