

BULLYING

Information for primary school pupils

www.childline.org.uk
0800 1111

What is bullying?

Bullying is when people are mean to someone or hurt them on purpose. Every year, more than 20,000 children call ChildLine about bullying, making it the most common problem children phone us about. These are some of the ways children describe bullying:

- being teased or called names
- being hit, kicked or pushed
- having money or other things taken from them
- being ignored or left out
- being picked on because of their religion or colour or where they are from.

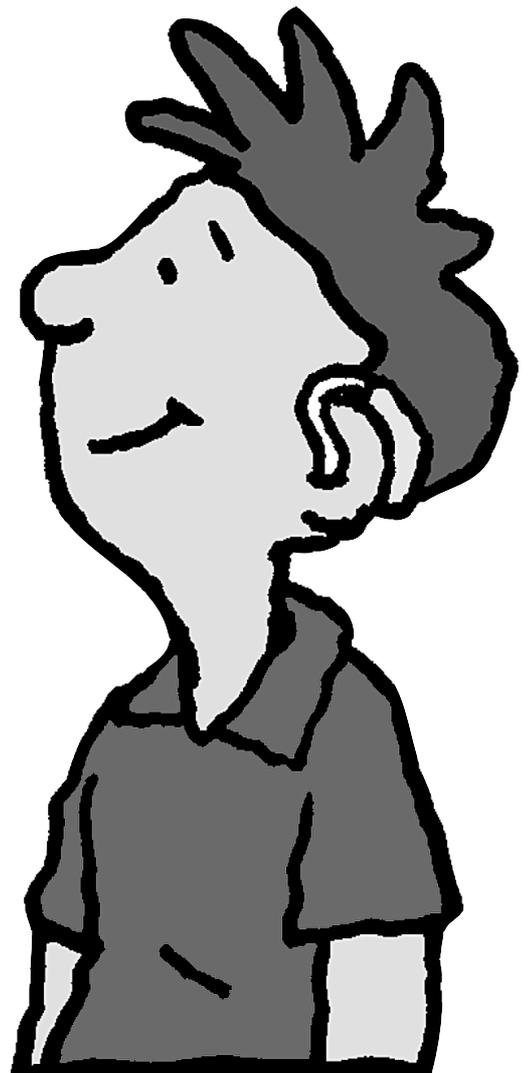
If you are being bullied

'I talked to a teacher about it and she sorted it out. They don't bother me now.' Pauline, 10

- You shouldn't feel ashamed about being bullied. It's not your fault – but it is important that you get help. No one deserves to be bullied.
- Who can you talk to about what is going on? Do you have a friend or someone in your family you trust? Talk to them about what's happening and how it makes you feel. They might be able to help you to work out what you want to do next.
- Most schools have a policy on what to do about bullying. If you tell a teacher what's happening, they can let you know how your school can help.
- Sometimes children tell someone that they are being bullied and it does no good – nothing changes. If this happens to you, don't give up! Is there someone else you can talk to?
- Write down what has been happening and when and where it

has happened. If it helps, draw a picture or write a song or poem about what is happening and how it makes you feel.

- It's important to feel safe. Can you protect yourself from the bullies? Would it help to walk home with friends instead of on your own, or to ask someone to stay with you?
- Remember, you don't have to put up with being bullied.
- You can always call ChildLine on **0800 1111** to speak to someone who is there to listen and help you think about what you might do.



To order more copies of this information sheet or for general enquiries please call 020 7650 3200

ChildLine is a registered charity, no. 1003758

Please note – all names and identifying details have been changed to protect young people's identities.

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If you see someone being bullied

'I saw a small boy being bullied after school. They shouted at him and called him names. But I was scared to help him.' Chris, 9

- Can you be a friend to the person who is being bullied? Let them know you have seen what has been going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them talk about it with a teacher or another adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to?
- Even when there is a lot of bullying at a school, sometimes teachers don't know about it. If they are going to be able to do anything about it, teachers need to be told what's going on.
- Could you talk to the teachers at your school about what everyone can do to stop bullying? Could your class make anti-bullying posters or put on a play? Do you have a school council that might be able to help?
- If you are worried about someone who is being bullied or you want some more information please call ChildLine on **0800 1111**.

If you are bullying someone

'I started so I'd seem hard, so no one would pick on me. Now it's a habit and I can't stop but I really want to.' David, 10

- Even if you think that bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.

- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. But even if it seems hard to stop, you can change what you're doing. Talk to someone about how you feel.
- If you keep on bullying, you could get into a lot of trouble.

Calls to ChildLine are free. You can either call the helpline on **0800 1111** or write to ChildLine, Freepost NATN1111, London E1 6BR. If you live in Scotland, you can also call ChildLine Scotland's bullying line, Monday–Friday 3.30pm–9.30pm on **0800 44 11 11**.

Children who are deaf or find using a regular phone difficult can try our textphone service on **0800 400 222**.

It can sometimes be difficult to get through to ChildLine when a lot of children are trying to call us, but do keep trying and you will get through to someone who can help.

To read more about bullying, visit the ChildLine website at **www.childline.org.uk**

