

WHAT SHOULD I DO



If you are being bullied...

- Ask them to stop if you can
- Ignore them and walk away
- Tell someone

If you know someone else being bullied..

- Don't ignore it
- Ask them to stop if you can
- Tell someone

Oakfield
Junior



Curiosity, Confidence, Co-operation, Caring and Courage

STOP BULLYING



Who can I tell?

Lunchtime or Playtime Staff

BUDDY

TEACHER

parents

CARER



friends

ChildLine

0800 1111 



4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted and inappropriate ways

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

Gossip behind someone's back

SOCIAL Bullying

Lying and spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors online

Is it BULLYING?

When is it bullying?

Remember

S Several

T Times

O On

P Purpose

BULLYING