

## What to do if I see someone being bullied?

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is 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 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 is going on.

## What to do if I've been bullying?

- Even if you think 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. Even if it seems hard to stop, you can change what you are doing. Talk to someone about how you feel.
- Think about how you would feel if it was happening to you. Speak to an adult who will be able to help you.

This guide has been created using information from Childline. [www.childline.org.uk](http://www.childline.org.uk)

# St Luke's RC Primary School

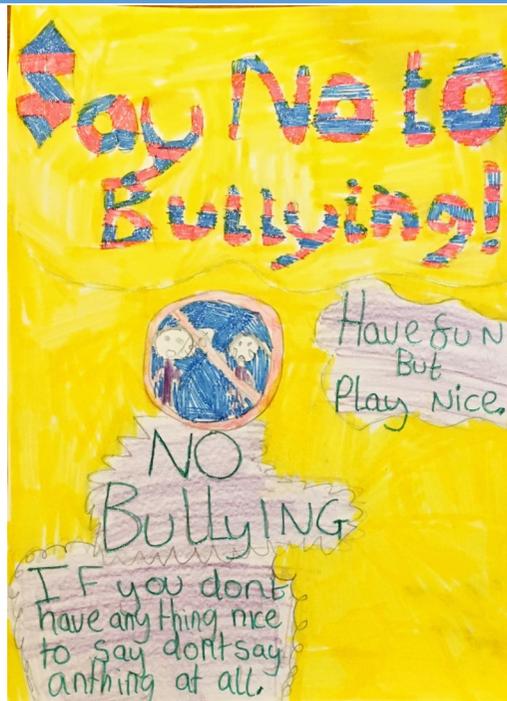


## Primary 4 - 7 Pupils

# What is bullying?

These are some of the ways that children have described bullying:

- Being made fun or being called names
- Being hit, pushed or kicked
- Having money or their own things taken from them
- Being ignored or being left out
- Being picked on because of their skin colour, their religion or where they come from



# What do I do if I'm being bullied?

If you are being bullied:

- You shouldn't feel ashamed. It's not your fault, but it's important that you get help.
- Talk to someone. Do you have someone in school or in your family that you can talk to. Talk to them about what's happening and how you feel
- Tell a teacher in school. They can let you know how the school can help you
- Sometimes you might tell someone and it doesn't get better. 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, write a poem or song to show how you're feeling
- It is 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.

