

Why do people become bullies?

Sometimes it is because they haven't learnt how you become friends with people. It can also be because they have problems and are unhappy and being mean makes them feel better.

What happens to people who are doing the bullying?

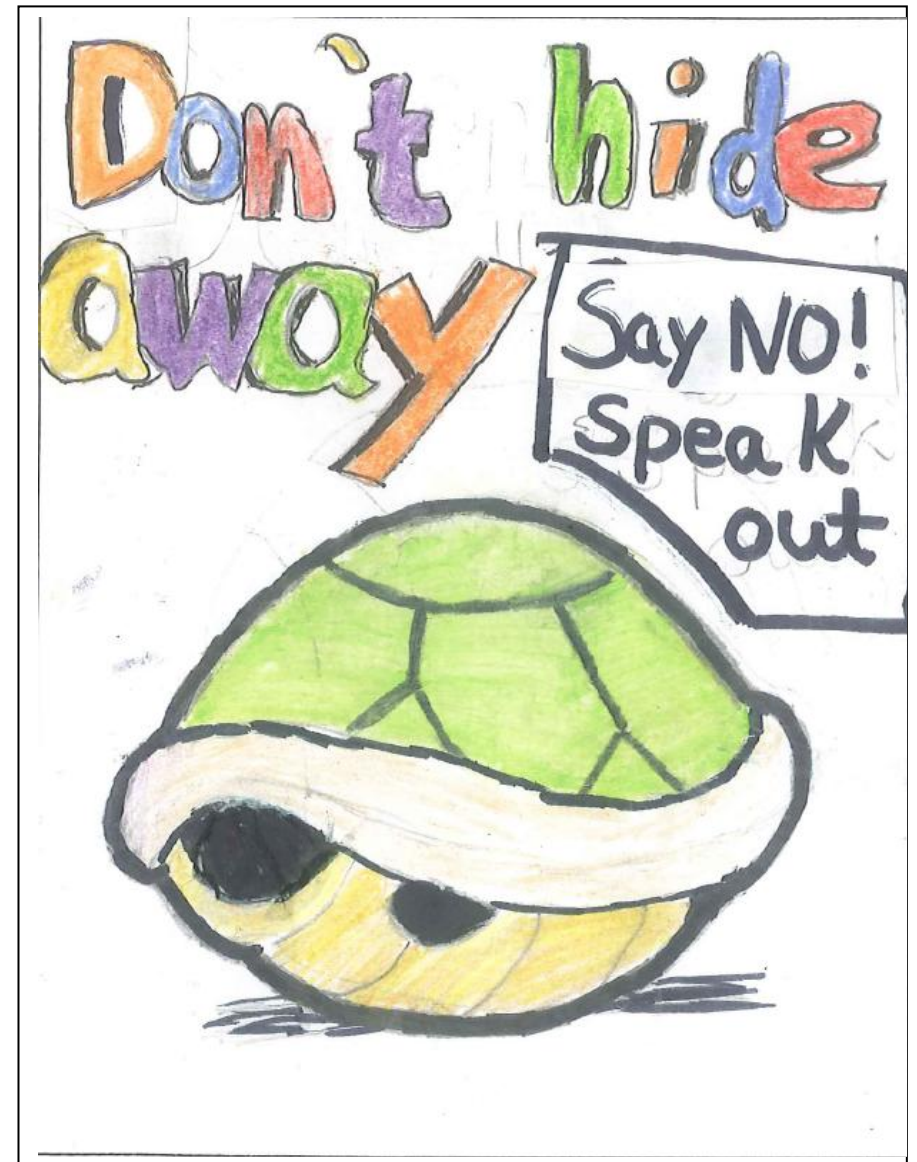
They will be talked to and their behaviour may be punished. They may be shown ways of working and playing with people that don't involve bullying. If their behaviour is because they are unhappy, they will have help to solve their problems. They will have to show they have stopped bullying if they want to stay at our school.

What should I do if I think someone is being bullied?

You mustn't try to sort it out on your own, especially getting involved in a fight. If you notice that someone is being bullied, you could tell an adult. You could join in school activities that focus on anti-bullying. Bullies like people to react to what they are doing, so you could walk away or make it clear that you are not impressed with what they are doing.

At Pitton School, we will not put up with bullying. We want everyone to feel happy and secure at school.

Say NO! Speak Out!



Action Against Bullying

What is bullying?

Bullying is when someone does something that hurts you and they carry on doing it for a length of time.

It can be:

- Being hit, pinched, kicked
- Looking or laughing at someone in a mean way
- Not letting you join in activities
- Saying hurtful and unkind things
- Refusing to talk to you
- Deliberately damaging things that belong to you
- Encouraging others to be unkind to you
- Being upset online by unkind messages
- Receiving unkind phone calls or text messages

My friends sometimes do these things to me. Is it bullying?

All friends have fallings out and can become unkind to one another. Sometimes fallings out can last a week or two. If you usually make up and become friends again, it isn't bullying. But if you don't make up and they continue to do things that upset and hurt you, then it is bullying.

Does bullying only happen at school?

No. Bullying can take place anywhere and at any time. It could be at a club you go to, your local playground fun areas, parks or maybe at home. For some children, they can be bullied by someone in their family. Bullying can be done by children and adults.

It can also happen online, like being upset on chat rooms, email, or live chat, on games, social media, on the phone or texts.

Is it only children that get bullied?

No! Grown ups get bullied too. It can happen in the place where they work, clubs they go to and they can be bullied by someone in their family too.

How does it feel to be bullied?

People being bullied can feel very alone. It can make you feel unwell, e.g. headaches, tummy aches, feeling sad, or scared to go to the place where you are being bullied. Most people being bullied feel frightened to talk to anyone about it. Lots of people being bullied can feel that it is their fault.

What can I do if I think I am being bullied?

The most important thing of all is to TELL SOMEONE! If you are being bullied in school, you can talk to any of the adults. It doesn't have to be your class teacher. Choose someone you feel happy talking to. You can talk to your parents or the adult who takes the club you go to. If it is too scary to talk to someone, you could write a letter and give it to them. You could talk to a friend if adults are too scary and ask them to help you talk to an adult. You can always ring [Childline 0800 11 11](https://www.childline.gov.uk) where you can talk to someone in private if you have no one else to talk to. If you are being cyber bullied, tell someone you can trust, but make sure they trust you.

But I might get bullied more if they find out I have told about them?

The adults who you talk to will do their best to help sort out the bullying in a way that doesn't make the bullying get worse for you.