

## 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.

