

Who can I tell if I am being bullied?

Here's just a small list....

Parents or Carers



Teacher



Grandparents



Friends



Learning Support Assistant



Trusted Adult



Kelly



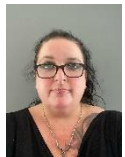
Alison



Kaylee

Go to a lunchtime drop in session with

Photo Becci



What should I do if I see someone else being bullied?

- Tell an adult straight away
- Don't try to get involved, you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening

If you are being bullied online then visit



Additional help for students



CITY OF
ROCHESTER



SCHOOL

Anti-bullying
Leaflet for Pupils

When Is It Bullying?

S Several
T Times
O On
P Purpose

Bullying is not a good thing and we treat bullying seriously at City of Rochester School

Bullying is when someone is hurting another child, verbally or physically. This is not only for one day it is frequently for a period of time

If You Are Being Bullied DO :

- Tell a trusted adult
- Tell them to STOP if you can
- Ignore them
- Walk away
- Talk to a friend

If You Are Being Bullied DON'T :

- Be rude back
- Think it's your fault
- Do what they say
- Keep it a secret
- Get angry

Types of bullying:

Emotional: hurting someone's feelings, leaving someone out or being bossed around.

Physical: punching, hitting, biting, kicking, pushing or spitting.

Homophobic: Calling you names or teasing you because of your sexuality e.g. calling you a gay or lesbian.

Through someone else: sending a friend to be unkind to you.

Verbal: Saying unkind things.

Racist: Calling you names or teasing you because of your beliefs, religion or ethnicity.

Sexual: Touching you where you don't want it.

Cyber: By text, email or social media.

