

Who can I tell if I am being bullied?



Becci



Alison



Kelly



Kaylee



Kirstine

Our peer mentors:



Bailey
Earth



Taite
Mercury



Johnny
Mercury



Kian
Earth



William
Mercury



Riley W
Jupiter



Alfie A
Venus

Or press the Stop Bullying
Button on the SharePoint or
website



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

If you are being bullied online then visit



Additional help for pupils



CITY OF
ROCHESTER



SCHOOL

Anti-bullying
Leaflet for
Pupils

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

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When Is It Bullying?

S Several
T Times
O On
P Purpose

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



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.