

# Anti-Bullying Guidance for Children

## What is bullying?

Bullying is:

- Not caused by the victim
- **On purpose**
- **Repeated** attempts to hurt, threaten or frighten

It can be:

- Hitting, intimidating or taking belongings
- Name-calling, insults, threats or regular picking on someone
- Spreading nasty rumours or excluding someone from a group deliberately and frequently (in person or using texts and social media)

## If you are bullying others:

- Talk to someone about what you are doing
- Find someone to support you to stop
- Admitting you are doing it is the first step to stopping it

## If you are being bullied

- Do not do it back
- Try to stay calm and look as confident as you can
- Be firm and clear – look the other in the eye and tell them to stop. Say “Stop it – I don’t like it” – loudly if necessary
- Do not think it is your fault
- Walk away

## If that does not work:

- Get away from the situation as quickly as possible – turn your back and walk away
- Be “cool” and walk away – bullying often stops when you do not react.
- If these things fail it is SAFE TO TELL, telling will not make matters worse. Tell an adult in school.
- If you really cannot tell an adult in school then tell a friend and parent as soon as you see them so they can let us know.
- “Speaking out” about bullying is very important. We can work together to stop it from happening.