

Cyber-bullying



Sometimes people use e-mail or Facebook to write nasty or threatening messages. This is bullying too. **DO NOT REPLY!** Tell an adult or a trusted person straight away if you receive one of these messages.

Text-bullying



If somebody sends you a nasty or threatening text or photo on your mobile phone **DO NOT REPLY!** Show it to an adult straight away.

**You can always call:
Childline - 0800 1111**

Childline is a free and anonymous telephone number that is open all day, every day.

If you find it difficult to talk to an adult at home or in school about bullying, they can give you help and advice.



REMEMBER!



**Be confident
and
talk about it!**

Advice and Tips:

If you are being bullied...

- ⇒ Act confidently
- ⇒ Keep calm
- ⇒ Just walk away
- ⇒ Don't respond to violence
- ⇒ Remember, you are not alone.
- ⇒ Never keep bullying a secret!!
- ⇒ Tell someone

This guide was produced by Ripple School Council members and year 6 pupils.
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Ripple Primary School Pupil Guide

PUTTING A STOP TO BULLYING



At Ripple Primary School we are proud to provide a safe, stimulating and inclusive learning environment where every member of our community is valued and respected. We listen to each other and every voice is heard.

Our broad, balanced, creative curriculum and enrichment activities provide opportunities for all to achieve and succeed.

We celebrate our achievements, differences and cultural diversity. Together we take pride in making a positive contribution to our school and the wider community.

Are you being bullied?



Being bullied can make you feel sad, anxious, scared, lonely and angry. These feelings are all normal.

What is bullying?

Being bullied means that one child or a group of children keep picking on you again and again, even though you have not done anything to upset them. They do it deliberately to make you feel upset or scared.



Different types of bullying

Physical hitting, kicking, pushing, stealing

Verbal name calling, swearing, racist remarks, threats, making fun

Emotional leaving someone out, spreading rumours

What should you do if you are being bullied?



- ⇒ **Do** remember it is not your fault.
- ⇒ **Do** tell an adult what is happening—a teacher, your parents or any adult you trust.
- ⇒ **Do** keep on telling until the bullying stops.
- ⇒ **Do** say to the bullies “I’m not scared of you. Leave me alone.”
- ⇒ **Do** walk away confidently—you might feel small and scared but don’t let the bully see that.
- ⇒ **Do** remember it happens to other people too, you aren’t the

What shouldn’t you do?

- ⇒ **Don’t** keep it a secret—you have a right to feel safe and happy.
- ⇒ **Don’t** fight back.
- ⇒ **Don’t** threaten to get your big brother or sister to hurt



Do you know someone else who is being bullied? Here’s how you can help...



- ⇒ **Do** tell an adult, they can help
- ⇒ **Do** be a friend to them—they will be feeling lonely and need to know somebody cares.
- ⇒ **Do** encourage them to be confident.
- ⇒ **Don’t** keep it a secret, even if they want you to.
- ⇒ **Don’t** join the bullies, even if your friends do.
- ⇒ **Don’t** try and fight the bullies or get into an argument with them.

Keep calm and