

## What is Bullying?

Bullying is when one person or more than one person is being rude or hurting you and keeps on doing it.

The different types of bullying are

Verbal name calling, swearing, saying mean things, making fun of people, threatening people, blackmailing  
Physical punching, kicking, stealing, spitting, pushing, hitting.

Emotional hurting peoples feelings, leaving people out, spreading rumours, talking behind peoples' backs, making faces.

Cyber-bullying using text, mails, twitter, skype, online games to write nasty and threatening messages.

## What should I do if I am being bullied?

- Ask them to STOP if you can.
- Tell an adult you trust.

## What shouldn't you do?

- Don't fight back
- DO NOT keep it a secret

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

- Tell an adult straight away.
- Don't get involved, you might end up getting hurt or you could end up in trouble yourself.

Our Lady of Lourdes  
and  
Hailey Schools

Anti-bullying guide  
for  
children



Childline is a free 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



When is it  
bullying?  
When it's...

Several

Times

On



Written in partnership by  
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Lady of Lourdes and  
Hailey School

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