

What can I do if I am being bullied?

- Go and tell a trusted adult straight away
- Tell a friend who will help you by going to a trusted adult with you
- Ignore them
- Walk away
- Stay calm (breathing)
- Stand up for yourself

You should not

- Do what the bully says
- Keep it to yourself
- Get angry or hit them
- Be unkind

Always remember if you are being bullied, it is **NOT** your fault and you are **NOT** alone. Don't stay silent.

How can I help stop bullying from happening?

- Make sure we keep to the rules in this guide
- Help others when they are in need
- Use your ruby power to be kind, respectful and friendly to others in the Evergreen Community
- Use your emerald power to control your emotions and think about people's feelings before you say or do something
- Take part in Circle Time and Anti-Bullying Week
- Use your amethyst power to work together to **STOP** bullying!



A Child Friendly Anti-Bullying Guide



What is Bullying?

Bullying is a behaviour that can hurt you on the inside or on the outside and is **repeated over time**.

It hurts you on the outside by hitting you and hurting you physically.

It hurts you on the inside by name calling or saying things that are not nice, knowing they will



Bullying can be

Emotional—hurting people's feelings, leaving you out or saying nasty things.

Physical—punching, kicking, spitting, hitting or pushing.

Verbal—being teased or name calling.

Cyber—saying unkind things by text, email, chat rooms or online.

Racist—calling you names because of the colour of your skin or because of your religion.



Who can I tell?

- Your parents
- Your brothers and sisters
- A friend
- A teacher
- Any trusted adult who works in the school



In order to **STOP** bullying,

S—start

T—telling

O—other

P—people

