



Bullying is a type of abuse that happens over and over. Here are some types of bullying:

- ★ Verbal: Deliberately hurting feelings using unkind words.
- ★ Indirect: This is bullying behind someone's back or online.
- ★ Physical: Deliberately hurting someone using physical contact.

A way to remember it is VIP!



Bye bye Bystanders

Bystanders are people who watch bullying happen and don't do anything about it. *Upstanders* stand up for people being bullied. Be an *upstander* not a *bystander*!

Who do you talk to if you see someone being bullied?



Who can I tell?

- . Anti-Bullying Ambassadors
- . Teachers
- . Lunchtime Staff
- . Parents/Carers
- . A Friend
- . Anyone you trust!

If you feel unable to speak to someone you know, call **Childline:**
08001111

Indirect: This is bullying behind someone's back or online.

Cyber Bullying

- 1) Don't share any personal information online.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- 3) Never give out your passwords.
- 4) Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- 5) Never use your own photograph but use an avatar instead.
- 6) Remember that not everyone online is who they say they are.
- 7) Think carefully about what you say before you post something online.
- 8) Respect other people's views. Even if you don't agree with someone else's views it doesn't mean you need to be rude.
- 9) If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.

