



You can find information
and advice online:
www.childline.org.uk

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
can give you advice about
what to do.

If you are being bullied:

- Stand up for yourself.
- Walk away.
- Tell an adult right away.
- Don't fight back.
- Do **not** keep it a secret.



Holley Park Academy's Anti-Bullying
Policy is available in full on our
website:
www.holleyparkacademy.co.uk



Work Together, Achieve More

Anti-Bullying Guide for Children

Bullying **STOPS** here!



What is bullying?

Bullying is when one person or more than one person is being unkind or hurting you and they keep on doing it. You haven't done anything to deserve it.

Different types of bullying include:

Verbal- name calling, making fun of somebody, threats and blackmail.

Physical- hitting, pushing, stealing and kicking.

Emotional- leaving somebody out, gossiping and spreading rumours.

Cyber-bullying- This is where somebody writes something nasty or sends threatening messages online. This could be done via social media.

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

- Stand up for yourself and let the person know how they have made you feel.
- Walk away and remember it's not your fault.
- Tell an adult in school about what is happening. Don't be scared!
- If you don't want to tell your teacher, tell an adult at home.

Bullying will **NOT** be tolerated!

What you shouldn't do:

- Don't fight back!
- Do not keep it a secret as this could make things worse.

How do I help somebody if I know they are being bullied?

- Show them that you care by being a good friend.
- Tell an adult. Do **not** keep it secret even if they want you to.
- Do not fight with the bullies.

