

KS2 Pupils Anti Bullying Leaflet



No Bullying



www.wrexham.gov.uk / www.wreccsam.gov.uk



What is Bullying?

A bully is someone who hurts someone more than once on purpose, by using behaviour that is meant to hurt, frighten or upset another person.



Emotional : Hurting people's feelings, leaving you out, being bossed about.

Physical: Punching, kicking, spitting, hitting, pushing.

Homophobic: Calling you gay or lesbian.

Through a 3rd person: Sending a friend with a horrible message.

Verbal: Being teased, name calling, hand signs.

Racist: Graffiti, calling you racist names.

Sexual: Rude comments, touching you in inappropriate places.

Cyber: Mean texts or e-mails.

Bullying is NOT...

- Accidents
- Fallouts with friends
- If it only happens one time
- Fighting

Remember

It is not
your fault !!

What should I do if
I am being bullied?

Place a note in
the worry box

DO

DO Tell them to go away

DO Walk away

DO Tell someone you trust

DO Stay calm and confident

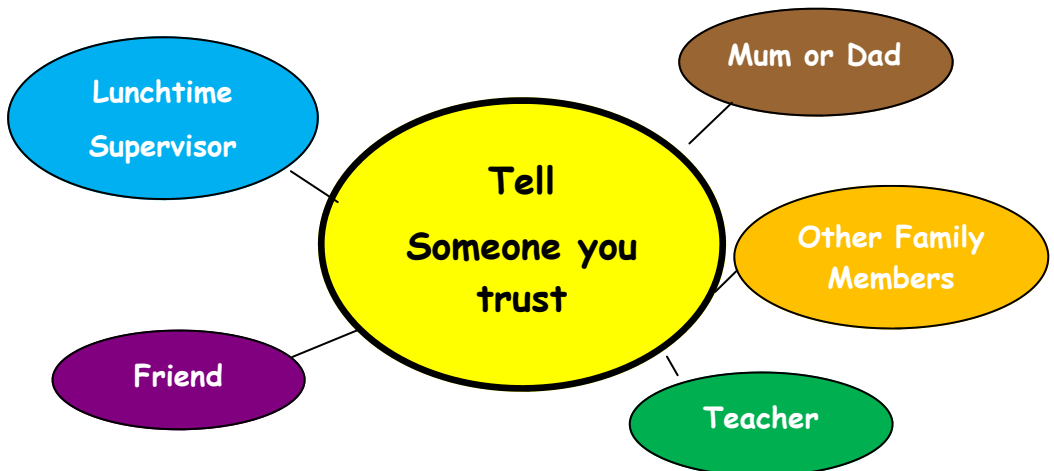
DON'T

DON'T Do what they say

DON'T Get angry

DON'T Hit them

DON'T Ignore it





Cyber

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets.

Cyber bullying can happen 24 hours a day, 7 days a week and it can go viral very fast.

Cyber bullies use the internet or mobile phones to send hurtful messages or post information to cause trouble. Cyberbullying can also include causing alarm or distress by threatening, harassment, intimidation, impersonating others and humiliation.

How Cyber Bullying Can Happen

TEXT MESSAGES Sending nasty or threatening text messages to someone is a type of bullying. This could include sharing those texts with other people who might join in the bullying.

SOCIAL NETWORKING SITES Social networks can be used in lots of different ways to bully someone. Sites like Facebook, Twitter, Tumblr, Instagram,

SEXTING is when someone takes a rude picture or video of themselves and then sends it to someone else. Sometimes people who are trying to bully someone may ask for these kinds of images so they can send them on to other people.

ONLINE GAMING Being mean to someone on an online multi-player gaming site like Minecraft or Call of Duty is also a kind of bullying.

EMAIL Sending abusive emails is a type of bullying. Sometimes those emails might be shared with other people who could join in the bullying.

PERSONAL INFORMATION Sometimes people involved in bullying might post someone else's photos or personal information without that person's permission.

INSTANT MESSAGING/CHATROOMS Sometimes people might get nasty messages when they are using instant messaging or chat rooms. Sending those types of messages using someone else's account without their permission is also online bullying.

Bullying



What to do if you are cyberbullied

- ⇒ Don't keep it to yourself or try to deal with it alone. Tell an adult you trust. It can help to talk.
- ⇒ Stop going to any group where you are being cyberbullied.
- ⇒ Remove the cyberbully from your friends list.
- ⇒ Have your parents talk to the cyberbully's parents, (if you know who the cyberbully is.)
- ⇒ Don't reply to any nasty messages you receive. Keep the messages that you've been sent so you can show someone.
- ⇒ Don't answer any calls from a number you don't know. You can change your number if it gets bad.
- ⇒ Talk to someone at school. If the cyberbully goes to your school and if they are bullying you at school tell a teacher and provide copies of the comments/posts the cyberbully has sent you.
- ⇒ Send a complaint to the website or service where the bullying is happening. Most websites do not allow bullying behaviour.
- ⇒ Tell the police if something is serious, i.e. being threatened with harm.

Preventing Cyberbullying

PROTECT YOURSELF—Never provide any information or images in electronic form that could be used against you.

LOOK AT YOUR OWN COMMENTS AND POSTS—Have you written something that annoys people or hurts their feelings? Sometimes comments and messages can be written in a way that is misunderstood by another person.

FIND SOME NEW FRIENDS—If you are trying to fit into a group of people who are treating you badly, it might be easier to simply find some nicer friends. Life is too short to waste time trying to be friends with mean people.

What should I do if I see someone being bullied?

TAKE ACTION!!! Watching and doing nothing looks as if you are on the side of the bully. It makes the person being bullied feel more unhappy and alone.

- ◆ Tell an adult that you trust. Teachers can deal with the bully without getting you in trouble.
- ◆ Do not take action yourself
- ◆ Help the person being bullied and encourage them to report it.



**Report
it**



**Say NO to
Bullying**



**Don't keep
it to
yourself**

Do you think you might have bullied someone?


We have all done or said things we feel bad about...

Consider these questions:

- 1) Do you join in when others are being nasty to or about someone?
- 2) Do you laugh at people or stories made up about them?
- 3) Do you send or pass on hurtful messages or pictures of people?
- 4) Do you think it is ok to threaten or frighten people you do not like?
- 5) Have you ever made someone else feel scared, anxious, worried or left out?

All of these can be seen as bullying behaviour. Sometimes people do not realise the impact their behaviour is having so try to be more aware of what you are saying and doing and how this might affect others.

The consequences of bullying is serious, you could be excluded from school, clubs and activities and it might affect how people think about you now and into the future and you will not learn the skills to form good relationships.



Where to get help and advice



Telephone counselling and advice service for children and young people who are experiencing bullying or any other problem or danger.

www.childline.org.uk



Advice and information about how to protect children from potential risks online.

www.childnet.com



Advice, information and resources about bullying for young people, parents and professionals online.

www.kidscape.org.uk



National Society for the Prevention of Cruelty to Children (NSPCC)

Helpline for anyone, including children, concerned about, involved in, or at risk of child abuse.

www.nspcc.org.uk



Guide to internet safety and safe surfing for young people run by CEOP—A National Crime Agency Command

www.thinkuknow.co.uk



Red Balloon supports young people who self-exclude or are isolated at school because of bullying or other trauma.

www.redballoonlearner.org

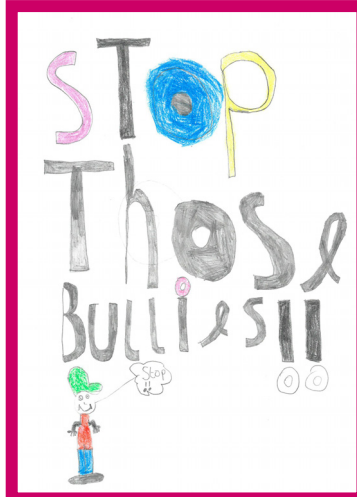
Tel: 01223 366052



An organisation that offers advice on all aspects of bullying.

www.bullying.co.uk

0808 800 2222



This leaflet has been designed with the help of the pupils and School Council of Ysgol Sant Dunawd, Bangor on Dee.