

We say NO to
Bullying at
Beckstone Primary
School



Bullying can mean many different things.

It can mean:

- Being called names
- Being teased
- Being pushed or pulled about
- Being hit or kicked
- Having your bag or things taken from you or thrown around
- Having rumours spread about you
- Being ignored or left out of things
- Being forced to hand over money or your things



What does it feel like to be bullied?

- Bullying hurts
- It makes you scared and upset
- It can make you so worried that you can't work well at school
- Some children have skipped school to get away from it
- It can make you feel that it's your fault



Why do bullies do it?

- They have their own problems - they may feel upset or angry that they don't fit in - perhaps they have problems at home
- Maybe they get bullied themselves, perhaps at home or in school
- They're scared of getting picked on so they do it first
- They want to show off and seem tough
- Many don't like themselves so they take it out on someone else



How to STOP Bullying

If you are being bullied, you CAN do something about it.

YOU CAN MAKE A DIFFERENCE

- **TELL, TELL, TELL**
- Practise what you want to say
- Keep a note or diary of what is happening
- Don't give up
- Ask your parents to visit the school
- Talk over what to do with a friend, a teachers ,your School Family Group 'Parent', your mum or dad or someone you trust



Helping a friend

- Maybe you're not being bullied, but someone you know is - perhaps that person is not even a good friend, but a class-mate or someone you know in another class?
- Have you ever stood around and noticed that someone was being bullied and you weren't sure what if anything you could do about it?
- Have you thought there was nothing that you could do about it?



There is something you can do

- Don't rush over and take the bully on, you might get hurt yourself
- Let a teacher or another adult know what's happening
- Try to be a friend to the person being bullied
- Refuse to join in
- Try to be friendly to the bully, if you can't be friends being kind to someone can sometimes help the bully to stop what they are doing

Get everyone involved in stopping bullying in your school, not just the teachers, but other pupils, dinner ladies and any adult you can trust



What to do about bullying

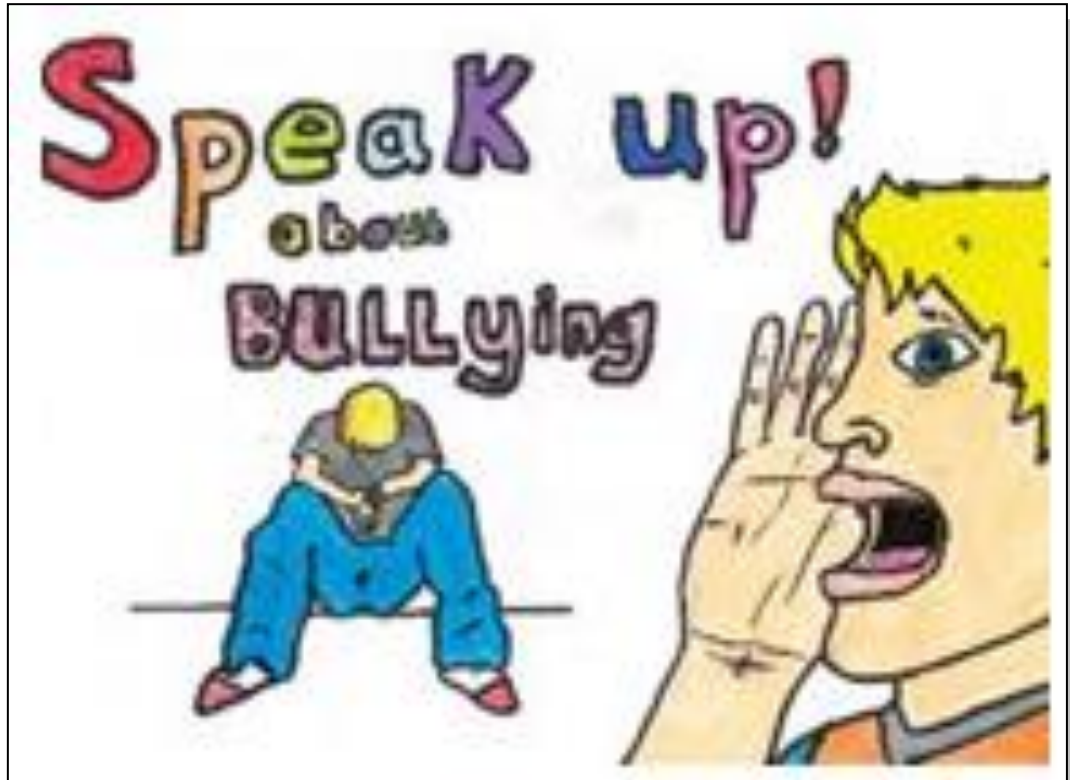
- Don't ignore bullying - it won't go away on its own and it may get worse
- Tell someone you trust - such as a teacher, a parent or friend
- Remember it's not your fault
- No one deserves to be bullied

Think about:

- Keeping a record - and save any nasty texts or e-mails you get
- Try to stay away from bullies or stay with a group where you'll feel safe
- Ask your friends to look out for you
- Try not to retaliate - you could get into trouble or get hurt
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- Try to act more confident - even if you don't feel it

REMEMBER that teachers have to listen carefully when a child tells them about being bullied

REMEMBER it's right to tell an adult that you are being bullied and to ask for their help. But you don't have to let them take over. You can talk with them about it and what you would like to happen.





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