

You can also

- complete a slip and post it in the Worry Box
- complete a slip on behalf of a friend and post it in the Worry Box

What happens next.....

- Teacher or Head Teacher will talk with you and give you advice
- Teachers may use Circle Time and Assembly to talk to other pupils
- other person may be asked to think about their behaviour using the 4Ws
- you may like a buddy to look out for you
- your parents may be informed

What about my rights?

All children have rights, which are listed in the United Nations Convention on the Rights of the Child. This includes your right to a childhood, an education, to be treated fairly, to be listened to, and to be as healthy as possible.

Bullying behaviour can take some of these rights away from you.

- You have the right to think what you want without stopping someone else from enjoying the same right.
- You have the right to be safe but so does everyone else, so you can also have the responsibility not to do something else that make someone else feel unsafe
- You have the right to relax and take part in leisure activities and you have a responsibility to not to behave in a way that stops other people from doing this.

Newbigging Primary



Bullying... What can I do?

Advice for children
and young people

So, what is bullying?

Bullying is never acceptable; it doesn't make you a better or stronger person, and it should never be seen as a normal part of growing up. Bullying is behaviour that can make you feel frightened, threatened, left out and hurt.

Bullying behaviour can be:

- Being called names, being teased or made fun of
- Being hit, tripped, kicked or pushed
- Having belongings taken or damaged
- Being ignored, left out, or having rumours spread about you
- Receiving abusive text messages or emails
- Being targeted because of who you are or how people see you

Cyberbullying happens online through social networks and instant messaging sites like Bebo, Facebook and MSN - or via mobile phones.

How do I know.....

if it's bullying?

Some people think it's only bullying if it happens more than once, and the other person means to hurt you. A lot of bullying does happen over and over again, and the person doing it knows it's having an effect, but that isn't always the case.

Something only needs to happen once for you to feel worried or scared to go to school or other places you enjoy going to. Just because someone doesn't realise how hurtful their behaviour is doesn't mean it's not bullying. What matters is how it makes you **feel**. If you are worried or scared, you might need help and support to deal with things.

At the same time, it's important to remember that fallouts and disagreements are a normal part of life for most people; we can't get on with everyone all the time and this isn't always bullying.

So what can I do?

You could tell an adult

- parents
- teacher, Head Teacher
- any member of school staff
- brother or sister
- **someone you trust!**

Don't bottle things up

You can talk to a friend or someone else you trust about how you feel. Your friend can help by going with you or passing the information on.

Or call **ChildLine (0800 1111)** or the **Bullying Line (0800 44 1111)** and speak to an adult in confidence.

TALK

But remember that telling an adult really **can** make a difference.