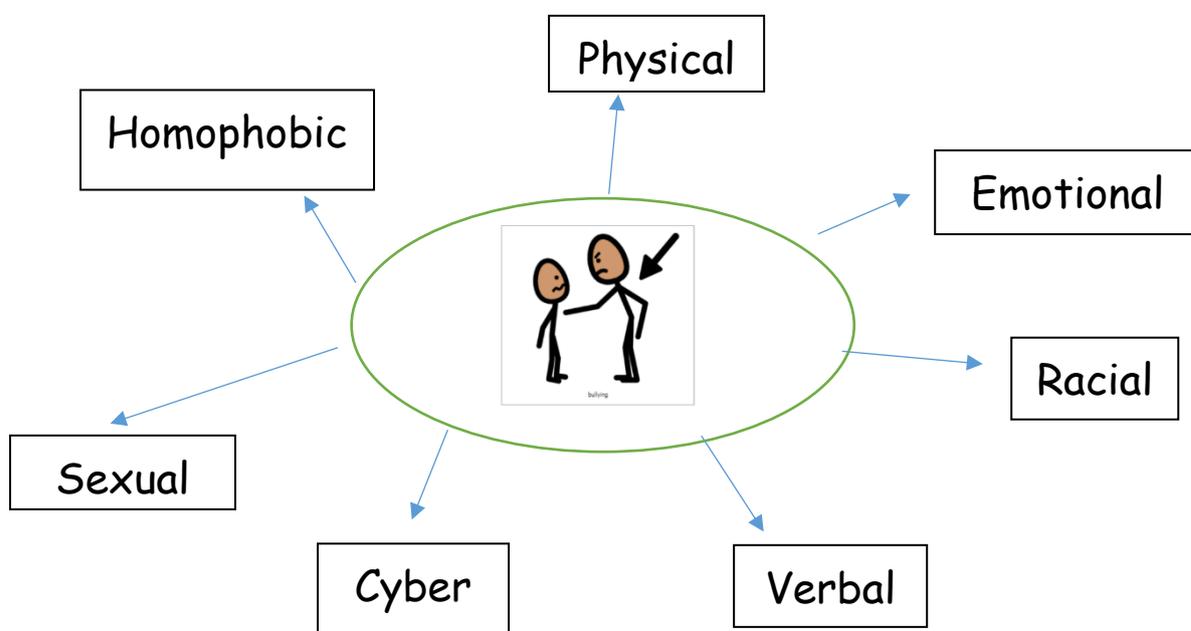
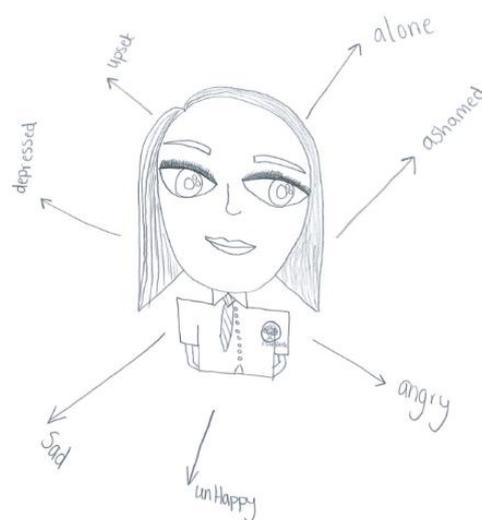
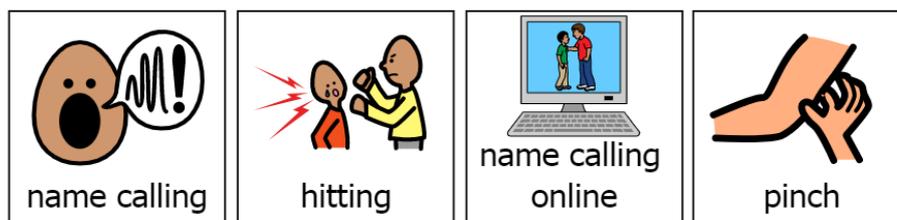


What is bullying?

At Elms Bank, a bully is someone who hurts someone else on purpose. This will make the other person feel weak and alone.



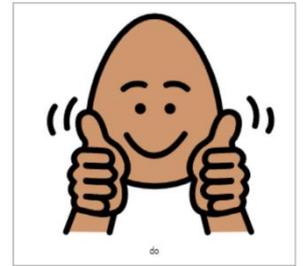
This could be with words or actions:



What to do if I am being bullied:

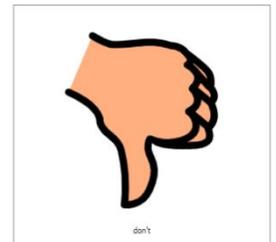
DO:

- Tell someone
- Stay calm
- Find someone else to spend your time with



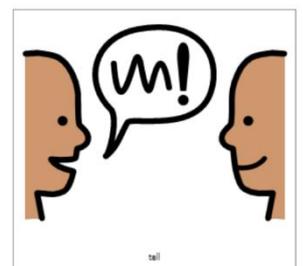
DON'T:

- Don't fight back.
- Don't give in - you are not alone!



Who can I tell?

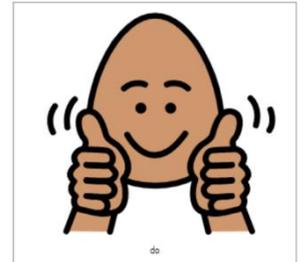
- Teacher or teaching assistant
- Parent
- Friend
- Pastoral
- Nurse



What should I do if I see someone else being bullied?

DO:

- Tell someone
- Get help if needed
- Be a good friend to the victim and give them comfort



DON'T

- Don't confront the bully
- Don't ignore it
- Don't keep it to yourself



Elms Bank is a bully - free school! We can stop bullying by supporting each other and being a good friend.

