

# Are you being bullied?

## What is bullying?

**Bullying is when someone (or a group of people):**



Says unkind things



Hurts you



Threatens you



Takes your belongings



Sends unkind messages



Stops People being friends with you.

**and KEEP ON DOING IT.**

What to do if you think that you are being bullied:

Tell a teacher, someone at home or an adult

What happens when you tell an adult?

1. The adult will ask you what has happened and will decide whether it is unkindness or bullying.
2. If someone has been unkind to you once, your teacher will tell that person not to do it again and they may have to miss a playtime.
3. If someone has been unkind to you more than once your teacher will tell Mrs Young or Mrs Morson
4. Mrs Young and Mrs Morson will speak to you and find out what has been happening and what you would like to happen to make things better.
5. They will speak to the person who has been bullying you and tell them to stop.
6. Mrs Young will speak to your parents and let them know what has happened and what the teachers are doing to make things better.