

STOP BULLYING



**‘In a world where you can be anything...
CHOOSE KIND!’ (Wonder)**

**BANCHORY-DEVENCIK SCHOOL
Anti-Bullying Leaflet**

What Is Bullying?

Bullying is when someone is mentally or physically hurting someone else on purpose.



A bully usually picks on someone who is weaker than them as they feel that it is easier to bring them down. Bullying behaviours include excessive teasing, name calling, mean/hurtful comments, excluding someone, physically hurting someone (e.g. kicking or hitting), cyberbullying.

Why Bullying Shouldn't Happen

Bullying can happen to adults as well as children and can cause different issues for different people. It can result in physical injury, social and emotional distress, mental problems, anxiety, sleep difficulties, lower academic achievement, skipping school, self-harm and even death! Bullying should always be taken seriously.

**STOP
BULLYING**

What To Do If You Are Being Bullied

If you are being bullied...

Start

Telling

Other

People



Being bullied is very serious, and if you keep it to yourself, it might not get sorted out. We all have the right to feel safe, no matter who we are. Talking through what's happening and how you're feeling helps, and you can have a say in how incidents are dealt with. Remember, if you are ever being bullied, tell someone. **YOU ARE NEVER ALONE!**

WHO CAN I TELL?

If you are experiencing bullying in or outside of school, you can tell:



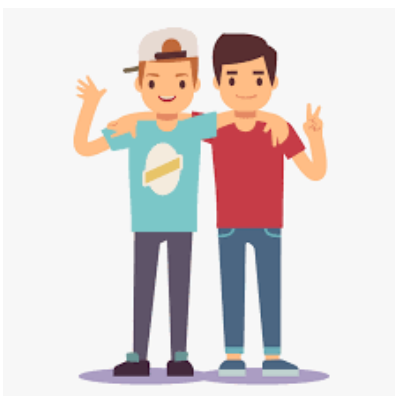
Teacher



Parents



Other trusted adult



Friends



An older sibling

These responsible people will help you and will talk to the bully and deal with the situation.

STOP BULLY

**Out of all of them,
Why me?
You make them laugh and jeer and cheer,
Ignore my desperate plea.**

**Please stop your constant bullying,
This joke that's gone too far.
And listen to my moans and groans,
That leave an awful scar.**

**I'm locked inside my shell,
With no-one left to hear me.
To have a friend's my only goal,
You cause me much anxiety.**

**You put your nasty words online,
For everyone to see.
You make my life a living hell,
And never set me free.**

**Why make my life a misery,
Why make things dark and blue?
You should try and build me up,
Like good friends always do.**