



If you are being bullied

Don't let the bully see that you are upset or crying.



Don't get angry with the bully and hit them.

You can try to stop the bully by



Looking at the bully in the eyes and telling them to go away.

Or don't speak to the bully and walk away



Tell someone you trust

Remember it is **not your fault** that you are being bullied.

Leicestershire Anti-Bullying Team



Just walk
away



Tell
someone



It's not
my fault



www.beyondbullying.com



0116 3055100

What is bullying?

Bullying is where someone hurts or frightens you on purpose. Bullying is when it happens more than once.

Bullying is



having nasty text messages, emails or telephone calls.



when someone kicks, hits and pushes you or when someone touches you when you don't like it.



when you feel sad by being left out of a group of friends.



You're stupid

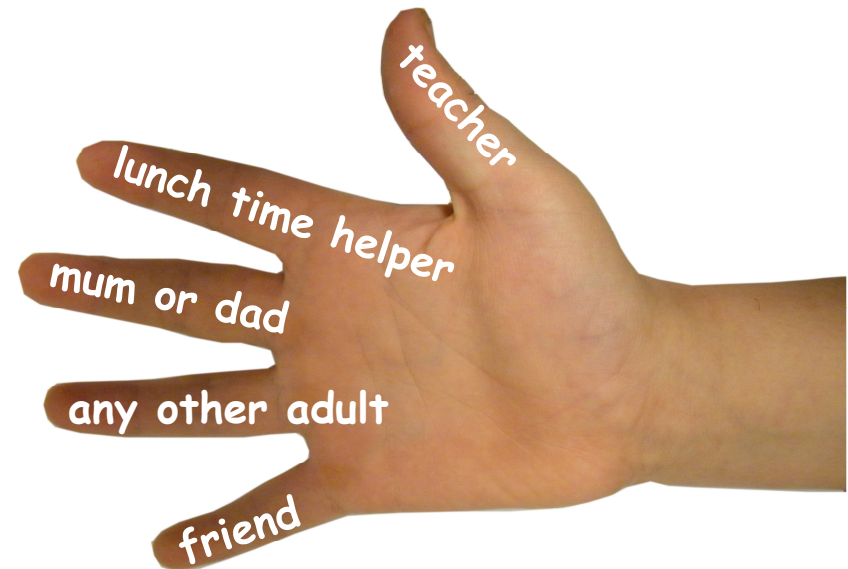
when you have been teased or when people say nasty things about you.



Who can I tell?

Do not try to deal with problems on your own. There is always someone who can help.

A **helping hand** is when you think of 5 people who you would tell if you are being bullied.



Who is on your helping hand?
Can you think of 5 people you can tell?



Do not blame yourself.
It is **not** your fault that you are being bullied.