

## If you're being bullied:

### DO

- Maintain visual contact
- Tell them to go away
- Ignore them
- Walk away
- Remember it's not your fault



### DON'T

- Do what they say
- Look upset or cry
- Get angry
- Hit them

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

- Don't walk away and ignore the bullying!
- Let the bully know what's happening.
- Tell the bully to S.T.O.P
- Don't stay silent or the bullying will keep happening.
- Tell a member of staff



### Types of Bullying

**Ableist bullying:** Bullying behaviour about a person's disability and being unkind or cruel about their disability.

**Racist bullying:** Bullying another person who was born that looks different to



## Child Friendly Anti-Bullying Policy

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This policy was developed by  
Southlands School

Anti-Bullying

you. This is against the law,

## What is Bullying?

Bullying is someone who hurts someone more than once by using behavior which is meant to hurt, frighten or upset another person.

Bullying is.....

S . SEVERAL

T . TIMES

O . ON

P . PURPOSE

How can people bully others?

- Verbal
- Physical
- Emotional
- Online (cyberbullying)

Homophobic and biphobic bullying: Bullying another people who are attracted to boys, girls or both.

Transphobic bullying: Bullying based on another person's gender who they want to identify as.

Sexist bullying: Bullying based on sexist attitudes to make people feel bad about themselves because of their sex or gender. Sexist bullying may involve inappropriate sexual behaviours.

Sexual bullying: Bullying behaviour that has a physical, verbal or non-verbal or makes people feel bad or unhappy about themselves.

Prejudicial bullying: Bullying based on views and opinions about others because of who they are, where they live and what they believe in.

Relational bullying: Bullying that makes people feel alone and isolated usually through verbal and emotional bullying.

Socioeconomic bullying: Bullying based on



	what their house is like, their possessions and how much money they may have.	
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