



What is bullying?

Bullying is when someone is being hurt either by words or actions, feels bad because of it, and has a hard time stopping what is happening to them.

Bullying can be

- Hitting
- Tripping
- Name calling
- Pushing and shoving
- Starting rumours
- Laughing at someone
- Leaving someone out
- Taking or breaking someone else's things
- Sending mean messages on the computer or phone to someone

Where does bullying happen?

Bullying can happen anywhere. It can happen in the area where you live, while going to school, at school and online.

What to do if you are being bullied.

If you are worried about being bullied, if you are being bullied or know someone who is then you should speak up. Do not suffer in silence, tell an adult who you trust.

You can also visit the following sites for more help and advice.

www.stompoutbullying.org
www.childline.org.uk





How to stay safe online

stay safe online
Remember the 5 SMART rules when using the internet and mobile phones.

- S SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- m MEET:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- a ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- r RELIABLE:** Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.
- t TELL:** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

If you are worried about anything online you should always speak to an adult. For more information on how to be safe online visit www.kidsmart.org.uk

Bullying is never ok, cool or acceptable.