



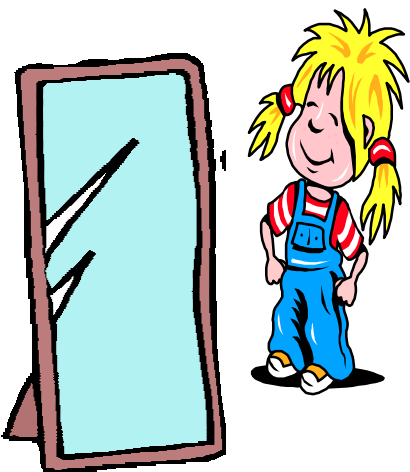
Ignore comments or teasing  
Don't look upset.



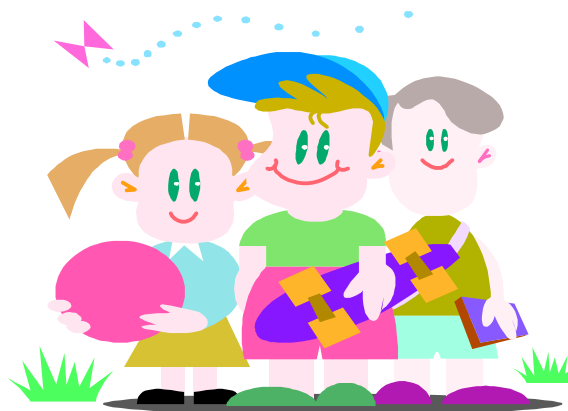
If it is a group that is bullying you,  
look at the weakest one and say,  
"This is not funny!" and walk away.



If a bully tries to stop you, keep  
going, just ignore them.



Think of things to say to the bully  
like: "really?" " Well I don't think so,"  
"Well that's not true."  
Practise saying these in front of a  
mirror.



Be with a crowd it's safer. Then if  
someone tries to bully you, you'll have  
witnesses.



Never ever fight back, your safety is  
more important than proving you are  
tough.

## Most importantly Ask for help



If you can't sort it out on your own, you need help from other children, teachers and your parents.

Remember we can all help stamp out bullying at Bankhead.

- ▶ Never get involved in bullying behaviour.
- ▶ Try to support anyone being bullied.
- ▶ If you have a problem with bullying TELL.

## Other things to do:

Keep a diary writing down who bullied you, where and when it took place and what they said or did to you.

### Always remember:

Everyone has the right to be safe and feel safe.

No one needs to put up with being bullied - bullying is not just part of growing up.

It is not your fault if someone is bullying you. You are not to blame.

Tell some one you can trust: you don't have to deal with it alone. Whatever anyone says it is right to tell and often takes a lot of courage.

Asking for help does work. Often the best results are when children, parents and teachers work together to stop bullying.

If when trying to get help, you are not believed don't give up. Keep on telling until someone does something to help. Tell as many people as you can.

Remember -  
You have the right to feel safe!

WHY PICK ON ME?

WHAT SHOULD I DO IF I'M BULLIED?



F.A.B.

Friends Against  
Bullying  
Bankhead Primary  
Bullyproofing