

# Don't bully me!

Advice for primary age children





**Hello!** This booklet is for you. It is about bullying. Bullying is when someone makes you unhappy by being nasty on purpose. They might bully you at school, in the street, at clubs and activities or on the internet. If you are being bullied or know someone who is, this booklet will help you.

If you are being bullied, don't be afraid to tell your mum or dad or a teacher. Don't keep it secret because the bullying won't stop until you tell. Remember that no-one is allowed to bully you.

Maybe you have bullied someone and you didn't mean to, or you would like to know how to stop bullying. Read this booklet and ask a teacher, friend or your mum or dad to help you.

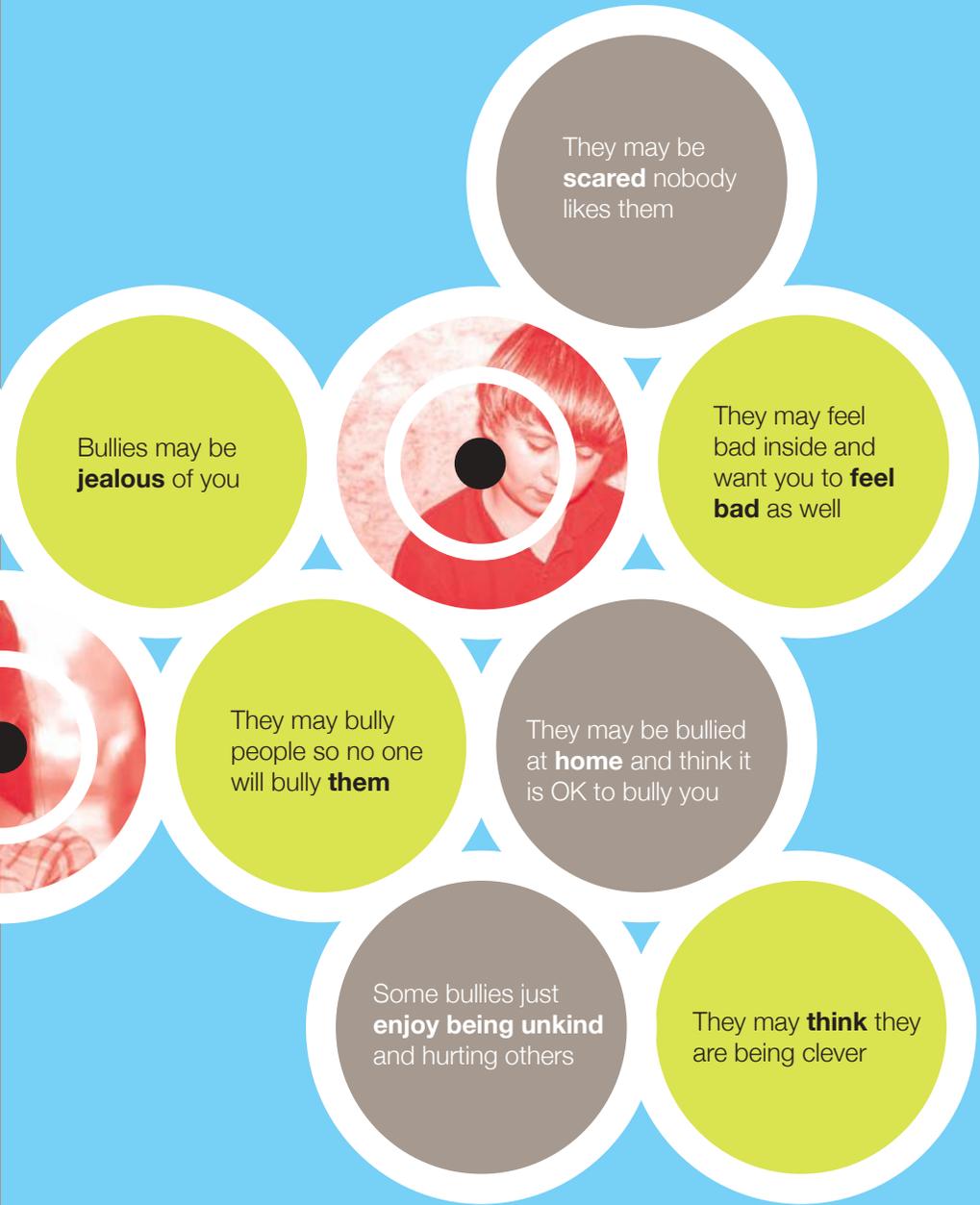
There are lots of things you can do to make things better if you are being bullied or have bullied somebody. We know that this booklet will help bullying stop for lots of children.



# What is bullying?



# Why do bullies do it?



# Why do they bully me?



Bullies bully because they have a problem.

They need a target

It isn't

**YOUR**

fault!

# Bullies



- Bullies will find any excuse or difference to try to bully you.
- They will say unkind and often untrue things to make you feel bad, or try to make you feel like it's your fault.
- You should never try to change yourself for a bully, as they will often just find another excuse to bully you.
- Remember it is good to be different. If we were all the same the world would be a very boring place.

## Who to tell?



your Mum



your Dad



every grown-up until someone listens and helps you



your teacher



tell a friend and ask your friend to help you tell an adult



The bullying won't stop unless you tell an adult

Always



if you are being bullied!

## What should I do?

**STRONG!**

No!

deep  
breath

stand up straight!

- Stand up straight
- Look the bully in the eyes
- Walk away without saying a word
- This might make the bully stop because he or she is bored when you don't react

**If the bully continues to bother you:**

- Take a deep breath, and say "NO!" very loudly

**PRACTISE EACH DAY**

- Stand up straight, in front of a mirror
- Look at your eyes - make them look strong
- Say "NO!" really loudly

**Now practise things you could say to the bully:**

- "GO AWAY!"
- "LEAVE ME ALONE!"
- "DON'T BULLY ME!"

## What if I bully someone?



**THINK HARD!**

- Nobody really wants to be friends with a bully
- People are nice to bullies because they are scared of them, NOT because they like them
- Think how sad the person you have bullied is feeling
- Think how nice it is to have friends who really like you
- Tell your teacher, your mum or dad that you want to stop being a bully and ask for their help

## How can I make GOOD FRIENDS?

- Don't play with people who hurt others or make them sad
- Choose friends who are kind, who share, and who listen to you
- Be kind, share, and listen to them, too
- If your friends are sad, look after them and try to help them
- If you know someone is being bullied, get help, tell an adult

### FEELING GOOD

If you are kind

If you listen to other people

If you try to make people laugh,  
not cry

You will be a **GOOD** friend

People will like you

You will feel good

You will feel proud of  
yourself



## Here are some stories

What do you think about them?



What would you do?

What would you do?

You are in the playground. You see Tom kicking Joe. Joe is hurt. Tom won't stop.

What would you do?

Daisy is very ticklish. Maria keeps tickling Daisy. "Stop! Stop!" she says, but Maria won't stop. Daisy can't get away. She's getting upset and scared.

Mark says something unkind about Ali.

Ali hears what he has said. Mark is always saying horrible things about Ali.

What would you do?

Jennie and Olu are playing. Anna takes Jennie away. You see Olu has been left alone and is crying.

## Remember, everyone is different

no one...

...deserves to be bullied

it's good to be different!

Some people are tall, some are small.

Some people have red hair, black hair, blonde hair or no hair.

Some people's hair is straight, and some people's hair is curly.

Some people have light skin, and some people have dark skin.

Some people wear glasses or hearing aids, or dress in different ways.

Some people use a wheelchair, or use crutches to help them walk.

Some people are good at art or sports and some are good at music, science or maths.

It would be boring if we were all the same!

# Where to get help and advice

- **Childline**

Telephone counselling and advice service for children and young people who are experiencing bullying or any other problem or danger.

**0800 1111 (free 24 hours)**  
**[www.childline.org.uk](http://www.childline.org.uk)**

- **Childnet**

Advice and information about how to protect children from potential risks online.

**[www.childnet.com](http://www.childnet.com)**

- **Family Lives**

Available to anyone parenting a child to talk through any concerns or worries. Email support also available via website.

**0808 800 2222 (24 hours)**  
**[www.familylives.org.uk](http://www.familylives.org.uk)**

- **Kidscape**

Advice, information and resources about bullying for young people, parents and professionals online at **[www.kidscape.org.uk](http://www.kidscape.org.uk)**.

ZAP assertiveness workshops for bullied children and their parents/carers, please see website for details.

- **National Society for the Prevention of Cruelty to Children (NSPCC)**

Helpline for anyone, including children, concerned about, involved in, or at risk of child abuse.

**0808 800 5000 (24 hours)**  
**[www.nspcc.org.uk](http://www.nspcc.org.uk)**

**Talk to your teacher or someone at school**

**Ask your mum, dad, grandma, grandpa, uncle, sister or brother for help**

- **Red Balloon Learner Centres**

Full-time alternative education providers for young people aged 9-18 who are unable to attend school due to bullying or trauma.

**[www.redballoonlearner.co.uk](http://www.redballoonlearner.co.uk)**

Show this booklet to your parents and...

**Talk about it!**

This booklet was written by



[kidscape.org.uk](http://kidscape.org.uk)

Please visit the Kidscape website  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

For useful information on bullying and child safety issues  
for young people, parents, carers and professionals.



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2 Grosvenor Gardens  
London SW1W 0DH  
020 7730 3300

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