

**RLK let's beat bullying!!**

## **What is bullying...?**

**Bullying is often mistaken as a one-off incident but really it is when somebody hurts you constantly day after day, over and over again. This may be physically or with words. This can happen in school or even outside school.**

## **What to do if I am being Bullied:**

- ♦ **Tell somebody you trust like a teacher or parent. If you are not satisfied that its being dealt with TELL SOMEONE ELSE!!!**

- ♦ **Walk away and ignore them; try not react as often this is what they want you to do.**
- ♦ **Stand up to them, usually they bully people weaker than them.**
- ♦ **Stay with your friends**
- ♦ **Don't make it easy to get bullied**

**i.e. get off a chat room if people are being cruel.**

## **Cyber-bullying**

**Cyber-bullying is when a electronic device such as a phone is used to say something horrible or offensive to you. If people are being unkind in chat rooms then tell someone and get off the chat room immediately. Be careful who you give your mobile phone to. Make sure you don't put any personal pictures because any picture can be turned into something**

**horrible straight away. You should also report them so no one else will get bullied.**

**YOU CAN CALL CHILDLINE FREE  
ON:  
0800 1111**



**REMEMBER NO ONE  
SHOULD HAVE TO FACE  
BULLYING!**

**This leaflet was  
produced courtesy of  
the RLK School  
Council.**