

Some helpful websites:



www.upsideonline.co.uk

Read Woodhouse Academy's Anti-Bullying Policy on our website:

www.woodhouseacademy.staffs.sch.uk

If you are being bullied:

- ⇒ Try to ignore it (for no more than 3 days)
- ⇒ Don't fight back
- ⇒ Don't keep it a secret
- ⇒ Stay with friends
- ⇒ Remember it's not your fault

Woodhouse
Academy



What can we do about bullying?

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What is bullying?

- Repetitive
- Directed towards 1 person or a group
- More than 1 person can be involved
- Undeserved
- Blackmail and threats

Types of bullying are:

Verbal– name calling, swearing, putting people down.

Physical– hitting, pushing, punching, kicking, spitting.

Emotional– leaving someone out, gossiping, spreading rumours, dirty looks.

Cyber bullying– online threats, through social media*, chat rooms or texting.

* You should be at least 13 years old.

What should you do?

- Try to ignore it (for no longer than three days)
- Tell an adult: parents or teachers
- Think positively about it its not your problem.
- Stick with your friends in a group



What shouldn't you do?

- Don't retaliate
- Don't keep it a secret
- Don't think it's your fault
- Don't blame it on an innocent person



How you can help someone who is being bullied?

- Be friends with them, show you care
- Stand up with them not against them
- Don't join the bullies
- Don't fight the bullies

