

Don't Bully Me!

Advice for Riverview Children

Message from LORRAINE KELLY

Dear Children

This booklet is for you. It is about bullying. Bullying is when someone makes you unhappy by being nasty on purpose. 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 has the right to bully you.

Maybe you have bullied someone and you didn't mean to or would like to change. Well, you can stop hurting others. Read this booklet and ask a teacher or friend to help you.

So, if you are being bullied or have bullied someone else, there are lots of things you can do to make it better. I know this booklet will help bullying stop for lots of children.

Lots of love

LORRAINE KELLY

THE STARS TALK ABOUT BULLYING

Jill Halfpenny, 'EastEnders' and the winner of 'Strictly Come Dancing', says:

"Bullying is wrong. Don't do it!"

Patsy Palmer says:

"Stand tall and tell yourself you are a good person and no one has the right to bully you."

Lenny Henry says:

"Bullies aren't cool, or clever. If you're bullied, tell someone! – a teacher or your mum and dad. But whatever you do, don't let it go on!"

Emma Bunton says:

"If you are being bullied, make sure you talk to some-one about it. Don't keep it to yourself! Tell a friend, a teacher or your mum before it gets out of hand."

WHAT IS BULLYING?

- When someone thinks it's fun to make you sad or angry
- If they won't stop when you say "I've had enough"
- If they often say unkind things about you
- If they never let anyone talk to you
- If they take your friends away and leave you all alone
- If they kick you or punch you, or hurt you on purpose.

THAT'S BULLYING!

WHY DO BULLIES DO IT?

- Bullies may be **jealous** of you
- They may feel bad inside and want you to **feel bad** as well
- They may be **scared** nobody likes them
- They may bully people so no one will bully **them**
- They may be bullied **at home** and think it is OK to bully you
- They may **think** they are being clever

WHY DO THEY BULLY ME?

Bullies bully because they have a problem.

They need a victim. It isn't your fault!

Bullies tell us that they like to pick on people who:

Are quiet and gentle and won't tell!

- Look worried and **scared**
- Might blush and go red, or **cry**
- Are **good** at doing school work, or **not good** at doing school work
- Are popular or unpopular
- Bullies say things and call you names to make you feel bad, even if none of what they say is true

Bullies **will find any excuse to try to bully you!**

HOW CAN I STOP THEM?

Tell your Mum

Tell your Dad

Tell your teacher

Tell every grown-up until someone listens and helps you

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

Bullies don't like other people to know what they are doing!

Always tell if you are being bullied!

WHAT SHOULD I DO?

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 **stern**

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

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

Mark says something unkind about Ali. Ali hears what he has said. Mark is always saying horrible things about Ali. 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.
WHAT WOULD YOU DO?

REMEMBER EVERYONE IS DIFFERENT!

Some of us are tall, some small

Some of us have red hair; some have black or blonde hair, or no hair

Some of us have freckles or wear glasses or have beautiful ears or cute noses

Some of us walk with crutches or get around in a wheelchair

Some of us are good at art or sports or music or maths

Some of us come from different countries or dress in different ways

It would be boring if we were all the same!

It's good to be different

NO ONE DESERVES TO BE BULLIED!

WHERE TO GET HELP AND ADVICE

Ask your mum, dad, grandma, grandpa, uncle, sister or brother for **help** Talk to your **teacher** or someone at school

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

KIDSCAPE

Telephone helpline for parents and carers of bullied children. 08451 205 204

www.kidscape.org.uk

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

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