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| What to do if you think someone else is being bullied:* Do not try to deal with it yourself.
* Tell an adult that you trust.
* Tell your friend to talk to someone about it.
* Go with them to speak to someone if they would like this.
* Don’t take sides – let the adults help you!
* Don’t stand back and watch – do something about it.

imgres **Helpful websites**[**www.thinkyouknow.co.uk**](http://www.thinkyouknow.co.uk/)logohABQeQ_web[**http://www.bullying.co.uk/cyberbullying**](http://www.bullying.co.uk/cyberbullying)logo-ChildLine[**www.respectme.org.uk**](http://www.respectme.org.uk/)imgres[**www.childline.org.uk**](http://www.childline.org.uk/)[**http://www.bbc.co.uk/cbbc/curations/stay-safe**](http://www.bbc.co.uk/cbbc/curations/stay-safe) |
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 |  |  |  |  **Anti-bullying** http://cdn.xl.thumbs.canstockphoto.com/canstock21321047.jpg**BY** **Pupils** **Advice****FOR****Pupils**Byy Pupils22016 |

 **MAYFIELD PRIMARY**

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| We want everyone at Mayfiled PS to  |  |  |  |

P4-7 pupils worked in Critical Circles at assembly to create advice and solutions for this anti-bullying leaflet.

We want everyone in Mayfield Primary School to feel happy and safe at school and hope you find our advice helpful.

What is bullying?

Bullying is knowing what hurts people and doing it on purpose.

It can be carried out by one person or a group and it usually happens again and again.

It can by physical – someone hitting, punching or kicking you.

It can by emotional – someone calling you names, making fun of you or continually leaving you out.

It can be cyberbullying – using the internet to threaten or be nasty.

 

What to do if you think you are being bullied:

* Tell the boy or girl that you don’t like what they are doing and tell them to stop.
* Talk to someone that you trust – a friend, a family member, your house captain or a teacher.
* Ignore them, walk away and try not to take it to heart.
* Write down what the person said or did.
* Put a note in the worry box to let the teacher help you feel better.
* Make an appointment for Place2Talk.
* If it’s on-line – report and block them, sign off and tell an adult.

 

What not to do if you think you are being bullied:

* Don’t lower yourself to their level by hitting or shouting back. Be the BIGGER person!
* Don’t follow their footsteps by turning into a bully - taking it out on someone else.
* Don’t hide the fact that you are being bullied.
* Don’t keep your feelings to yourself and don’t deal with the problem on your own – ask for help.

ALWAYS tell the truth



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