

DON'T BULLY ME!



Advice for Primary Age Children



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FOREWORD by Dan Norris MP

"Bullying is always wrong and bullies have to change"

Bullying is never acceptable. No matter the circumstances there are no excuses. No one ever has the right to bully another person. And bullies have to take responsibility for the hurt they cause others. Bullying is always wrong. If you have been bullied it is not your fault. Even if you think it is, you really aren't to blame. The bully has the problem and they have to change their bad behaviour. If you have suffered, this great booklet can help stop it happening again, while the bully faces up to the changes they have to make to stop hurting others. Whatever you do, don't keep bullying a secret. This can seem hard but keep telling, over and over, until the bullying stops for good.

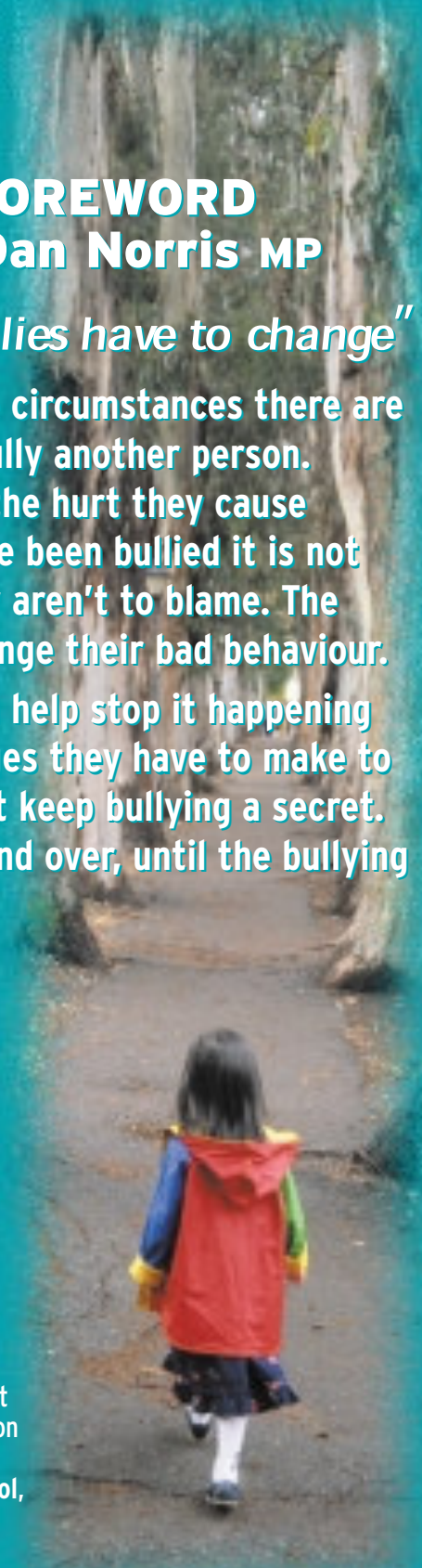
Dan Norris

Dan Norris MP
Member of Parliament
for Wansdyke
Booklet Co-ordinator



Dan Norris MP warmly thanks:

Western Power Distribution for their generous sponsorship, production and distribution of this booklet; TL Visuals (Printers) Yate for their usual highly professional work; Michele Elliott founder and director of Kidscape; Richard Wyatt for his specialist input; Jill Halfpenny, Lorraine Kelly, Lenny Henry and Emma Bunton for their kind contributions; and last but not least, pupils at Welton Primary School, Midsomer Norton, Temple Primary School, Keynsham and Longwell Green Primary School for providing the brilliant drawings.



THE STARS TALK ABOUT BULLYING



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

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

Lorraine Kelly says:

*"No one deserves to be bullied.
Tell your mum or dad or a teacher.
Don't keep it a secret."*



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

THAT'S !
BULLYING!

If they won't stop when you say "I've had ENOUGH!"

THAT'S !
BULLYING!

If they say unkind things about you

THAT'S !
BULLYING!

If they won't let anyone talk to you

THAT'S !
BULLYING!

If they take your friends away and leave you all alone

THAT'S !
BULLYING!

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
- ☹️ They may just be spoiled rotten **brats**

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

What do you
THINK
about them?

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's good to be different



**It would be boring if we
were all the same!**

**NO ONE
DESERVES TO
BE BULLIED!**

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

☺ **CHILDREN'S LEGAL CENTRE**

Gives advice about law and policy affecting children and young people in England and Wales.
0845-456-6811
(Mon-Fri 9-30am to 5-00pm)
www.childrenslegalcentre.com

☺ **KIDSCAPE**

Offers free child protection leaflets with a SAE (please use six first-class stamps) and a telephone helpline for parents, guardians or concerned relatives of bullied or abused children.

Kidscape, 2 Grosvenor Gardens,
London, SW1W 0DH.

020-7730-3300

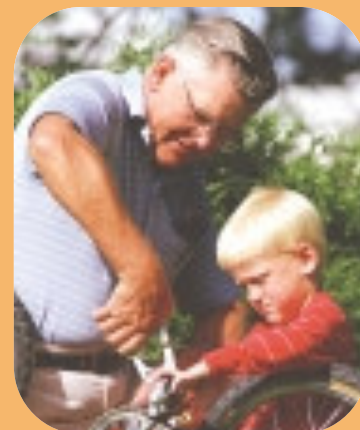
Helpline for parents, carers and relatives.

08451-205-204 (local rate)

www.kidscape.org.uk



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



☺ Talk to your teacher or someone at school

☺ **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

☺ **PARENTLINE PLUS**

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.parentlineplus.org.uk

☺ **SAMARITANS**

Helpline for anyone in distress. Email support also available.

08457-90-90-90 (24 hours)

Email jo@samaritans.org

**Show this booklet to
your parents
and ...**

**TALK !
ABOUT IT!** 

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This free 'Don't Bully ME!' booklet has been specially written for primary aged children as they approach secondary school. But this booklet is also a useful guide for anyone who wants to stop young people of any age being bullied.

This is the second booklet sponsored by Western Power Distribution and written and co-ordinated by Dan Norris MP and Michele Elliott of Kidscape.

Their highly successful first booklet 'Protecting Our Children - A Guide For Parents' was aimed at promoting the safety of children. It and this anti-bullying booklet can be downloaded free online at <http://freespace.virgin.net/norris.wansdyke/>

or

www.kidscape.org.uk