

DON'T BE A BULLY

DON'T BE BULLIED



THERE ARE DIFFERENT KINDS OF BULLYING

- EMOTIONAL Being unfriendly, ignoring someone, cold shoulder
- PHYSICAL Pushing, hitting, kicking, poking
- VERBAL Name calling, sarcasm, spreading rumours
- CYBER Nasty emails, text and picture messages
- RACIST Bullying based on someone's race or colour
- HOMOPHOBIC Bullying based on someone's sexuality
- RELIGIOUS Bullying based on someone's faith
- SEXUAL Inappropriate sexual contact, sexually abusive

WHAT SHOULD YOU DO?

If you are **being bullied** or if you **know that someone is being bullied**

Speak to your workshop leader or to Rachel or someone else that you trust

If you'd rather speak to someone on the phone you can call 01229 430636

DON'T ACCEPT ANY FORM OF BULLYING

We want to make sure that you feel safe and happy while you're here so please

- Tell someone if you're not happy
- Be honest
- Be polite to others
- Respect people's personal space
- Treat people with respect

WE WILL WORK TOGETHER TO STOP BULLYING

OTHER PEOPLE WHO WILL BE ABLE TO HELP YOU



Reg'd charity no. 1003758

