

## Some handy numbers and websites to help you!

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

Free and confidential help line.



[www.bullyfreezone.co.uk](http://www.bullyfreezone.co.uk)  
Information and support service for children and young people.



[www.wisekids.org.uk](http://www.wisekids.org.uk)  
Information about safe internet use.  
Helpful for you, your parents and teachers

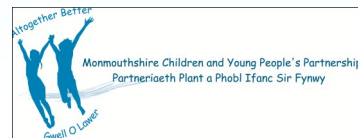


[www.meiccymru.org](http://www.meiccymru.org)  
TEXT 84001  
Call 080880 23456  
Information, advice and Support for children and young people

[www.Thinkuknow.co.uk](http://www.Thinkuknow.co.uk)  
Good advice and tips about how to keep safe and stay safe online



We would like to thank Abergavenny Communities First and pupils across Monmouthshire who helped to produce this leaflet



# How to stay happy and feel safe.....

in the playground, in the park,  
with friends, on the internet,  
on your mobile phone and at home

## A bullying advice leaflet



# What is bullying ?

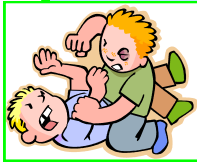
Bullying is something which happens again and again. It's when people do things to you such as hitting, kicking or calling you names on purpose.

Bullies can make you feel very upset or hurt. Sometimes people who bully are bigger than you, older than you or think they have more power than you.

**Bullies can make you feel sad in many different ways:**

## Physical

- Hitting you
- Kicking you
- Biting you
- Pushing you



## Emotional

- Making you feel sad
- People who ignore you and make you feel alone
- People spreading rumours about you



## Cyber Bullying

- Sending nasty texts to your mobile
- People writing about you on Face book or other sites
- Saying horrible things when you play on your X box or play station



## Verbal

- Name Calling
- Teasing

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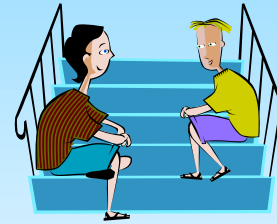
## Bullying is not:

- A one off argument with your friend
- When you fall out with your friend
- When your friend calls you a silly name

**What should you do if you are being bullied?**

**Tell an adult you TRUST this could be a teacher, your parent or carer or you could talk to your friends**

**Don't keep it to yourself!**



**Tell a teacher  
Express your feelings  
Live a life of happiness  
Live a life of freedom**

Write down things that happen to you in a notebook–

**Where it happened**

**What was the date and time**

**Who was involved**

**How it made you feel**

When you tell someone take your note book with you. If you are too upset you will be able to show them the book.

