



## How to deal with bullies...

When being bullied there are certain ways to help make them stop. It depends on the situation and where you are for what to do and say.

### Bus!

- For a start ignore them and talk to your friend.
- If it continues tell the bus prefects or bus driver or your YLC at school.
- Sit with an older person

### Classroom

- The first thing you do is try to ignore the bully.
- If the bullying still continues move away from them and talk to a friend
- Never be afraid to talk to a teacher as they will always assist you.

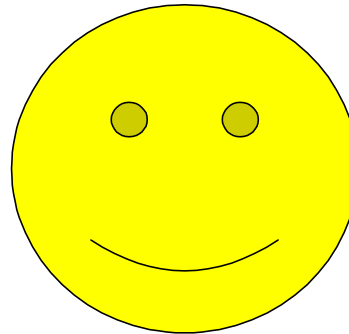
### School Grounds

- Walk away and find someone you trust

### Locker Area

- Tell your YLC or a teacher

Try not to show that you are affected by the bully's actions, it will only make it worse.



**NO MORE BULLYING!**



**STAMP OUT BULLYING  
IT STARTS WITH YOU!**


Written by Middle School  
Students—St Paul's Anglican  
Grammar School



**NO MORE BULLYING!**



**Bullyproof  
our school!**



**Bullying stops  
with you!**



# What is Bullying?

Bullying is when someone (or a group) says, writes or does anything which makes someone else feel uncomfortable, upset or powerless.

## Some of the ways people can bully others -

- Saying or writing things that may offend the person
- Calling them names
- Leaving them out of activities or a group
- Not talking to them
- Threatening them
- Making them feel uncomfortable or scared
- Taking or damaging their things
- Making them do things they don't want to do
- Using unnecessary physical force towards someone
- Sexual Harassment
- Discrimination of any kind

Have any of these things happened to you? Have you done any of these things to someone else? Bullying is unacceptable behavior which makes the person being bullied feel afraid or uncomfortable.

**NO MORE BULLYING!**

## Who can help you...

- Friends

A trusting friend is a great person who can help you whenever you want and always lends you a helping hand. They can give you support and reassurance during the time you are in need.

- Older siblings

An older sibling is a great person to seek help from. That is if you get along with them, but even if you don't, they can always give some good advice. They might have been through the same situation as you and understand what you are going through.

- Parents and Teachers

Parents and teachers are people who you can always rely on no matter what. They would have probably been through a lot of what 's happening to you, so are able to help.

- Student Counsellor

Although it may be scary at first when asking for an appointment, in the long run, a student counsellor can be a lot of help. They are always friendly and ready to listen. No matter what, they will understand your needs or questions.

- In General

Other people can help you such as your peer support leader, older friends, your YLC or your Head of School.

[You don't have to cope with a bully on your own.](#)

[Talking to someone still leaves you in control of what](#)

[happens next.](#)

## There are a lot of reasons why people bully

Bullying is one of the things some people do, for many reasons. They may see it as a way of being popular, or making themselves look tough and in charge. Some people bully to get attention or to make other people afraid of them. Others might be jealous of the person they are bullying. They may have been bullied themselves. Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

To stop the cycle of bullying YOU need to think before you act and speak.

## Have you bullied someone in the past?

Have you ever bullied someone else? Think about what you did and how you were feeling at the time. If you sometimes feel you bully others, try to find other ways to make yourself feel good. Remember, it's best to treat others the way you would like to be treated.

## What can you do if someone else is being bullied?

If you see someone else being bullied you should always try and stop it. If you do nothing, you are saying that bullying is okay with you. The best way to help is to talk to an adult. Help the person being bullied and be there for other people.

**STAMP OUT BULLYING  
IT STARTS WITH YOU!**