

Where To Get Help

For help and advice:

Childline -

0800 11 11

www.childline.org.uk

NSPCC -

0808 800 5000

The Anti-Bullying
Network -

0131 651 6100

Kidscape -

www.kidscape.org.uk



At Broxburn Primary School it is our vision that everyone feels cared for by making sure our school is a place where they feel safe and happy.

We want everyone to know that we take bullying seriously and that bullying is never acceptable.



Broxburn Primary School Anti-Bullying Leaflet



What Is Bullying?

Bullying is when a person deliberately hurts, frightens or upsets another person and keeps on doing it to have power over them.

Types Of Bullying

Verbal: name calling or being teased

Physical: punched, hit, kicked or pushed

Emotional: having your feelings hurt, being left out or bossed about

Cyber: being sent mean messages online, on social media or by phone

What Can You Do?

S. T. O. P.

S - Stand up to the bully and use your words to tell them to stop bullying

T - Take yourself away from the bully, go and tell an adult

O - Open up, don't keep it secret

P - Protect yourself from the bully



Tips To Prevent Bullying

- Be a good friend
- Don't show off
- Respect others
- Include everyone
- Play together kindly

What Will We Do?

- We will listen and take what you say seriously
- The staff in school will help you
- We will meet with those involved
- We will take action to make sure it stops!
- We will use the West Lothian Council Promoting Positive Relationships Policy to help