

# Say "NO" To Bullying

**Bullying is:**

People being unkind or hurting you - on purpose - more than once -  
and which is difficult to stop.

**Rules:**

**1. Think Before You Speak**

If you haven't got anything nice to say about anyone,  
then don't say it.

**2. Be Kind**

Don't do anything to anyone else that you wouldn't like  
them to do to you.

**3. Say NO**

If anyone asks you to do anything that you do not want  
to do, say "NO!"

**4. Talk To A Teacher**

If you feel sad or have any worries or fears, then tell  
your teacher or another member of staff.

**5. People Will Help You**

All staff will listen and take you seriously. They will  
deal with the bullying problem, so that you are happy  
again.

Remember you can talk to your teacher, your TA, your meal time assistant, Mr Boraston, Mrs Jaworski, Mrs Buckley or CHILD LINE on 0800 1111
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