

What can you do if you see someone else being bullied?

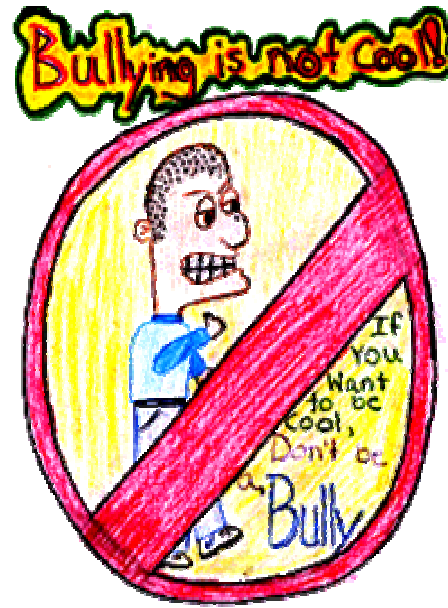
Someone you know may be being bullied. You may have seen it happening, or you may suspect it is happening. Sometimes people don't do anything to stop the bullying because they are afraid they might get bullied as well

But here are some things you can do:

- » You can comfort and look after the person who is being bullied.
- » You can tell an adult about the bullying or help them to report the bullying themselves.
- » You can stand up for the person being bullied.
- » You may be able to convince the bully to stop.

Do you sometimes bully others?

Have you ever bullied someone? Think about why you did it and how you were feeling at the time. Find other ways to make yourself feel good if you find yourself bullying others.



For more information on bullying visit:
www.nobully.org.nz

or call 0800 NO BULLY (0800 66 28 55)

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STOP BULLYING

A Guide for Children



Wakari School

What is Bullying?

Bullying is when someone hurts or upsets you on purpose, usually more than once.

Bullying includes calling you names, saying or writing nasty things about you, leaving you out of activities, not talking to you, making you feel uncomfortable or scared, taking or damaging your things, hitting or kicking you, making you do things you don't want to do.

Have any of these things happened to you? Have you done any of these things to someone else?

Bullying can make you feel lonely, unhappy and frightened. It may make you feel unsafe and think there must be something wrong with you. You may lose your confidence and not want to go to school any more. It may make you sick, stressed or depressed.

Bullying is NOT just part of growing up.

You don't deserve to be bullied and have the right to be safe.

Bullying is wrong. We must all do something to stop it.

Why do some young people bully others?

People may bully others for any of these reasons:

- » Because they think it will make them popular.
- » To make themselves look tough.
- » To get attention or things.

- » Because they are jealous of the person they are bullying.
- » To make people afraid of them.
- » Because they are being bullied too.
- » It makes them feel good.

The bully often doesn't understand how bad it makes the other person feel.

Why are some young people bullied?

People who bully others look for someone who is weaker than they are and someone who they think won't be able to stand up for themselves. They pick on them because they see them as lacking in confidence or different in some way — the colour of their skin, the way they talk, their name, their size or how clever they are.

Bullying is never the fault of the person being bullied. No one deserves to be bullied.

What can you do if YOU are being bullied?

- » Always tell an adult you trust about it. This isn't telling tales.
- » Spend time with your friends — bullies hardly ever pick on people if they're in a group with others.
- » Try ignoring the bully and walking away.
- » Tell the bully to stop, if you feel you can.

Tell someone you trust if you are being bullied. Keep on telling people until someone listens and

does something to stop the bullying.

You could tell a teacher, guidance counselor, school principal, someone from your family or whanau, or a friend's parent.

What can you do about mobile bullying?

- » Be careful about giving out your number to people you barely know, especially online. People aren't always who they claim to be.
- » If you get a message from an unknown number ignore it.
- » If you get any message that makes you uncomfortable, don't reply. Often bullies are just looking for a reaction. Ignore them and they'll probably get bored and stop.
- » If you need advice contact NetSafe on 0508 NETSAFE (0508 638 723), visit or email them at queries@netsafe.org.nz — they're pretty clued up and are full of good advice! Alternatively, talk to your parents or an adult you trust before the problem gets worse.
- » Keep all messages if there's space on the mobile — if not, make a note of the time, date and content, You might need this information if the problem gets out of control.



Together we can stamp out bullying!