



## Top Anti-bullying Tips for Children approved and worked on by Burlington Junior School Council

1. It doesn't matter how different you are to others, everyone is equal – **it is not your fault if you get bullied.** We are all different in some way and that's what makes us amazing.
2. Whoever you are – bullying makes you feel rubbish and it's okay to be upset about it. **The important thing is that you tell a trustworthy person about it.**
3. **If you feel you can, talk to a trusted adult;** like a teacher you trust or your parents, brother or sister. If you don't want to do that, you can always call Childline 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk). It's important to always speak out.
4. Keep a record of what happened, when it happened, and who was involved. If the bullying is online, **keep the evidence** – save or copy any photos, videos, texts, emails or posts. Make sure you show this to a trusted adult.
5. Don't make yourself look like the 'bad guy'. It can be tempting if you are being bullied to fight back– for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea– you might end up being seen as the trouble maker or get yourself even more hurt. **Do not retaliate.**
6. **Think about other ways you can respond to bullying.** For example, practise saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other family members, classmates, or a teacher.
7. **Only spend time with people who make you feel good about yourself.** If someone constantly puts you down and makes you feel bad, they are not a real friend and not worth your time. Make sure they respect you for who you are.
8. **Be kind to yourself.** Do things that make you feel good, relax and make new friends. You might play an instrument; write song lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.
9. **Remember to be kind to other people!** Just because someone is different to you and your friends doesn't mean that you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect. Make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.

7th November 2022  
School council meeting.

Adapted from Kidscape:

<https://www.kidscape.org.uk/resources-and-campaigns/top-tips-for-dealing-with-bullying/>