

Appendix : Anti-Bullying Code



If you see someone being bullied:

- DON'T rush over and take the bully on.
- DO let a teacher or another adult in school know.
- DO try to be a friend to the person being bullied.
- DON'T be made to join in. DO try to help the bully stop bullying.

If you are being bullied:

- TELL a teacher or another adult in school.
- TELL your family.
- TAKE a friend with you if you are scared to tell someone by yourself.
- KEEP telling people until someone listens.
- DON'T blame yourself for what has happened.