

If you are being bullied:

- Ask them to STOP, if you can.
- Tell them to go away.
- Walk away.
- Stay with your friends to feel safe.
- Talk to a friend.



What should I do if I see someone else being bullied?

- Tell an adult right away.
- Don't try to get involved, you might end up getting hurt.
- Don't stay silent or the bullying will keep happening.

Everybody in our school will work together:

- We at LIS want to be in a safe place where everybody can learn and be happy. That means bullying is not allowed.
- We are helping each other to learn how to get along.

What will happen to a bully?

Adults will get involved and help you solve problems. They will talk to everybody involved, including parents and friends.



Leipzig International School

Primary Student's Anti-Bullying Brochure

BE A
buddy
NOT a
BULLY



What is Bullying?

Someone is hurting someone else by using behaviour that is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.

When is it Bullying?

When incidents are happening **SEVERAL TIMES** and **ON PURPOSE** to hurt other people and/ or their feelings.

See  something?
Say  something!

Types of Bullying

Emotional: Hurting people's



feelings by spreading rumours, leaving others out, intimidating behaviour

such as looks, laughter, telling others to bully someone

Physical:

Hitting,
Kicking,
Spitting,
Punching



Verbal: Name-calling, inappropriate comments, threatening to cause harm



Cyber: Hurting other people by using technology, such as texting, E-Mails, tweets.

Who can I tell?

A friend

Your parents

Your teacher

Your School Counsellor

Any adult that you trust



START TELLING

OTHER PEOPLE!