

What To Do When Others Are Bullied

- **Refuse** to join in.
- **Speak out.**
- **Distract** the bully so he or she stops the bullying.
- **Report** the bullying to a teacher or another adult at school.
- **Be a friend** to the person bullied.
- **Make an effort** to include students who are left out.

IMPORTANT! Do not fight the bully. Fighting could only make the situation worse.

What To Do If You Are Bullying Others

Bullies are not bad people. Their behaviour is bad and they CAN change it. How?

- Bullying must stop now!
- Start showing respect to all people.
- Keep your hands and feet to yourself.
- When starting to get angry, **STOP** and **THINK** before you act.

REMEMBER!

- **YOU** decide your actions.
- **YOU** are in charge of what you do.
- **YOU** can decide to stop the bullying and help yourself and our school be **BULLY FREE!**

RULES FOR A BULLY FREE SCHOOL

If you see others breaking these rules, speak out! Help us have a safe and peaceful place for everyone.

- 1) Bullying is not allowed anywhere in the school.
- 2) We don't call people names or put them down.
- 3) We don't hit, kick, punch or shove.
- 4) When we see bullying we speak up and stop it if we can, or we get help immediately.
- 5) We make new students feel welcome.
- 6) We treat each other with kindness and respect
- 7) We respect school and personal property.
- 8) We look for the good in others and value our differences.

A MINI—GUIDE FOR Secondary School Students

Leipzig International School

**TOGETHER
WE CAN BE
BULLY
FREE**

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Physical Bullying

⇒ This is a **direct form of bullying** which involves physically hurting someone.

Verbal Bullying

⇒ This is also a **direct form of bullying** in which hurtful language is directed at someone.

Social Bullying

⇒ This is an **indirect form of bullying** which has the intention of socially isolating a person from a group of people.

Cyber-bullying

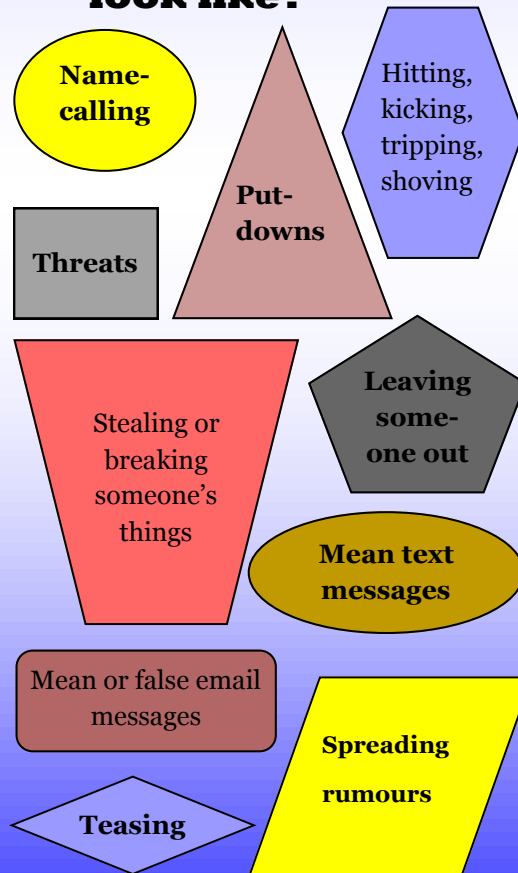
⇒ This is when a **preteen or a teen is tormented, threatened, humiliated, embarrassed or otherwise targeted persistently** by another, with the **use of social media and/or mobile technology**.

For additional information and/or for reporting **acts of bullying** please see your **Form Tutor** or any other **Trusted Adult**.

WHAT IS BULLYING?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power; a bully's goal is to have power over people.

What does bullying look like?



WHAT TO DO IF YOU ARE BULLIED

DO:

- ◆ **If you are in real danger, walk or RUN away from the situation.**
- ◆ **Tell an adult you trust.** With a bit of help you can make the bullying stop. Immediately.
- ◆ **Buddy up!** Hang out with other students or groups of students. **Remember:** Bullies go after students who are alone.
- ◆ **Avoid the bully.**
- ◆ **Stand up for yourself—be resilient!** When not in real danger, face the bully and look him/her in the eyes. Hold your ground and tell them to leave you alone.

DON'T:

- ◆ **Don't fight back.** You may get hurt!
- ◆ **Don't cry.** Bullies feed on people's perceived weaknesses.
- ◆ **Don't ignore the bullying and hope that it will eventually stop.** Bullies do not realize on their own that their actions are hurting others.

Do you know an adult you can trust at LIS?