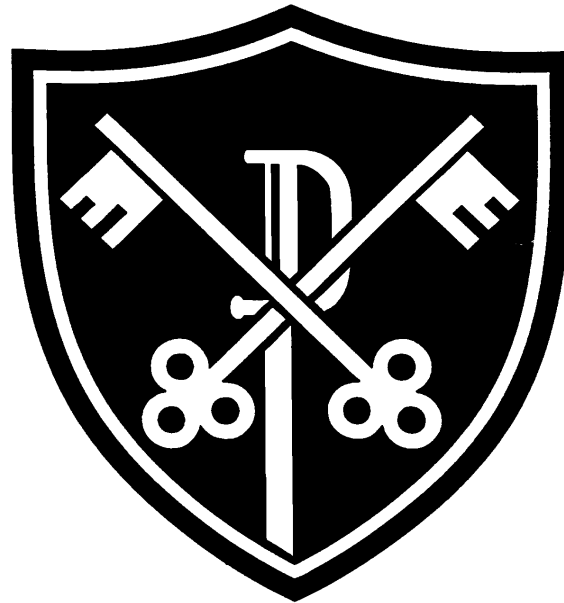


## Useful contacts

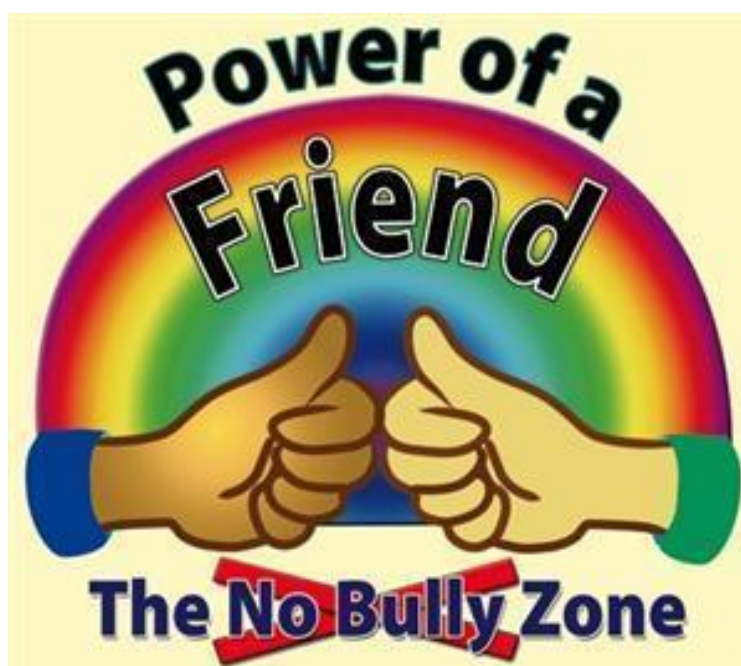
You can contact Childline on 0800 1111 for advice and support, or visit [www.childline.org.uk](http://www.childline.org.uk) for lots of ways to ask questions and get help.



# Torre C of E Academy



Anti-bullying advice for  
younger children



# Torre is a bully free zone!



## A bully can make you feel:

- Sad
- Worried
- Scared

## A bully is someone who might ...

- Call you names
- Hit or push you
- Take things from you
- Leave you out of games

**...lots and lots of times**

## If you think you are being bullied:

- Tell an adult - Your teacher, adults in the playground or around school, your parents.
- Tell a friend or one of the older children
- Don't blame yourself
- Don't fight back



## REMEMBER - It is important to tell someone

If you are bullying someone:



- You are making other children feel scared and upset
- You might be upset or angry about something and taking it out on other children
- You could talk to someone about what you are doing and how you feel
- You could end up in a lot of trouble if you keep doing it!