



So, What Is Bullying???

Bullying is an indirect or direct act of belittling someone else, or making them feel inferior.

It can be verbal, emotional, physical or cyber.

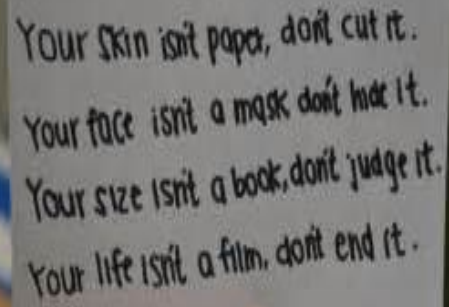
It is important for people to understand when they are bullying or being bullied, because it can lead to serious, life threatening

consequences

WATCH THE
VIDEO

[-click here-](#)

- Who are the ANTI-BULLYING AMBASSADORS?



Your skin isn't paper, don't cut it.
Your face isn't a mask, don't hide it.
Your size isn't a book, don't judge it.
Your life isn't a film, don't end it.



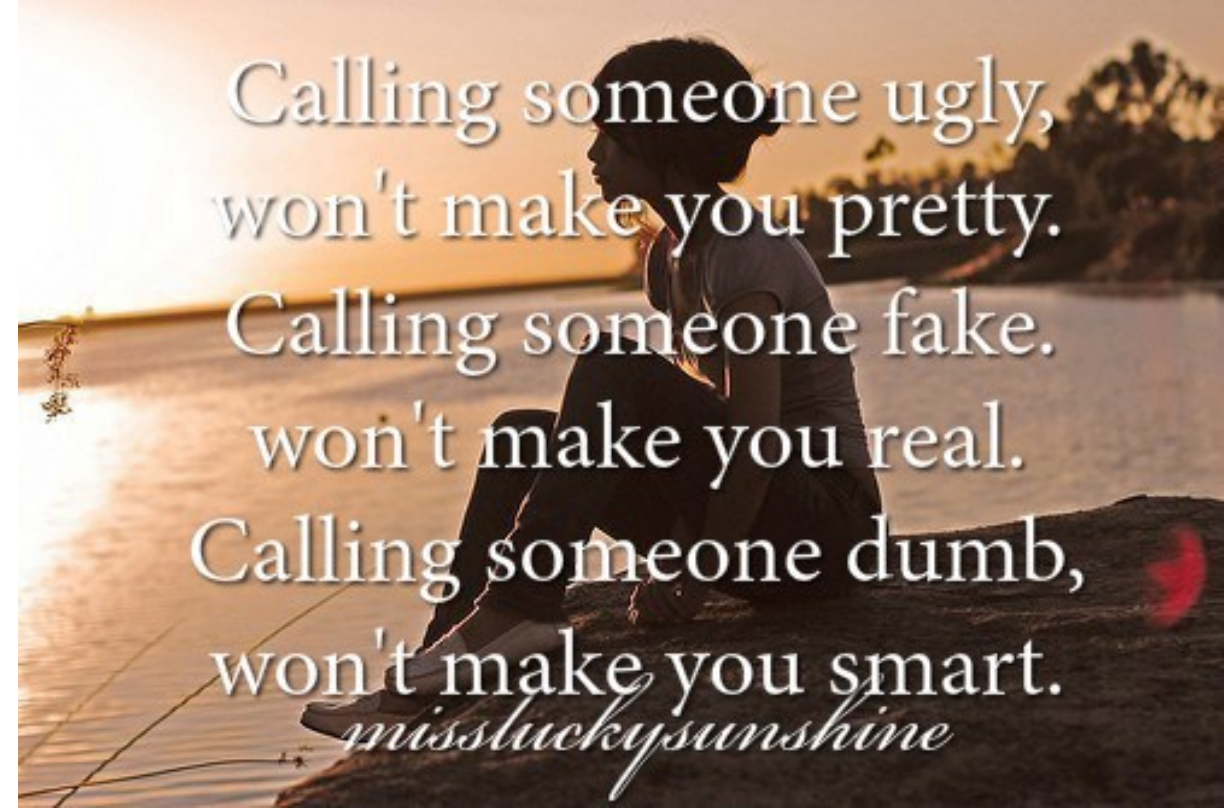
"IF PEOPLE
ARE TRYING
TO BRING YOU
DOWN
IT ONLY MEANS
THAT YOU ARE
ABOVE THEM"

- What do they do?
- How can they help me?



DON'T LISTEN IF
SOMEONE SAYS
YOU AREN'T
GOOD ENOUGH.

- We know its very hard to speak to someone when you are being bullied you might feel silly, ashamed or too embarrassed.
- That is why the anti-bullying ambassadors are here, so that hopefully you can have someone you can trust and talk to.
- We promise to help you about your bulling problem, for example if you are being bullied and we think it needs solving we will ask permission from you to tell a member of staff or someone who can help.



We know that you won't want to do the talking, so we will help you to do it.

How can we help??

It has been estimated that up to 44% of secondary schools have reported some form of bullying occurring therein. This has spurred many of them on to take action, which typically results in some success. The schools with anti-bullying policies have typically reduced these rates by around 50 percent.

- ▶ There is at least one anti-bullying ambassador in every class.
- ▶ We wear a bright blue lanyard so that you can see who we are.
- ▶ You can approach us at anytime to talk about something, if we find that the situation is serious we will report it to someone we trust.



Stand up to Bullying

1. See
someone

2. Tell
someone

3. Get help

4. Stand up
to your bully



‘You won’t want to make it obvious to your friends that you are being bullied, so we hope that we can make a difference to your school for real, we won’t just say we will and not do it, we **WILL** make a difference!’





anti-bullying
WORKS

If you want to talk to us, look out for the BLUE LANYARDS around the school or in our form class.



STICKS AND
STONES MAY
BREAK MY
BONES
BUT WORDS™
WILL NEVER
HURT ME



**Make a
NOISE
about bullying**

ANTI-BULLYING AMBASSADORS

In Partnership with Department for
Education