

LET'S STAMP OUT **BULLYING** TOGETHER.

Get help!

No one deserves to be bullied; talk to someone you trust – a parent, friend, teacher or leader.

For help and advice you can also call ChildLine or Kidscape on the numbers below:

ChildLine

0800 1111
www.childline.org.uk

Kidscape

08451 205204
(Monday to Friday)
www.kidscape.org.uk

What is it?

NAME CALLING
THREATS
NASTY RUMOURS,
TEXTS AND EMAILS
HITTING, PUSHING,
KICKING
BEING LEFT OUT
OF THE GROUP
TEASING

Want to stop it? Place your
Anti-Bullying Code here.

BULLYING
IS NEVER OK.