

## Help Lines:



### Childline

[www.childline.org.uk](http://www.childline.org.uk)

Free 24hour telephone  
lines for children and  
young people



### Kidscape advice line:

Tel: 0207 7303300

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### Family Lives advice line:

Tel: 0808 802222 9am – 9pm, Monday to  
Friday and 10am – 3pm Saturday and Sunday

[www.familylives.org.uk](http://www.familylives.org.uk)

**CEOP (Child Exploitation & Online  
Protection)** – to report if you suspect  
online child abuse or grooming contact:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



### Beatbullying

[www.cybermentors.org.uk](http://www.cybermentors.org.uk) online peer-mentoring support for  
children and young people



# COLLEGIATE

INDEPENDENT CO-EDUCATION  
FROM NURSERY TO SIXTH FORM



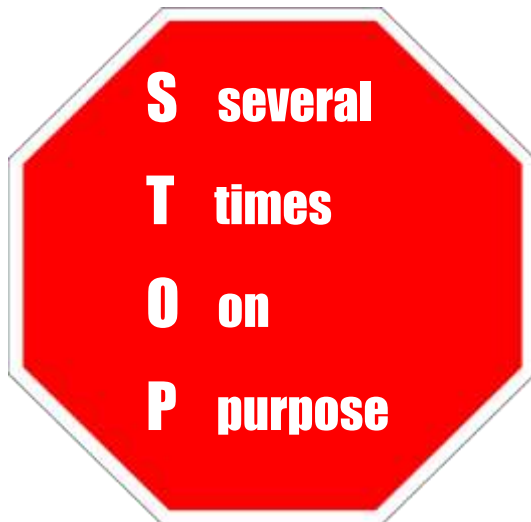


### A Bully can make you feel:

- 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



### If you are being bullied you should:

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Talk to a friend
- Talk to an adult

### Remember it is important to tell someone

#### **DON'T :**

- Do what they say
- Think it's your fault
- Get angry or look upset
- Hit them
- Hide it

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

- Tell an adult straight away
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening