

anti-bullying policy. This tells you what they will do to help stop bullying. You can ask to get a copy, if you don't already have one.

### **What if my school can't help me ?**

First, make sure you have told the school all about the bullying and who is doing it. If they still can't help, you don't have to go to school if it would be dangerous for you. You should speak to your parents about this first. You can also get more advice or information on bullying. More details are on the back page.

This leaflet was written by the Education Law Unit.



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You can get more advice from:

**Enquire** : 0131 222 2400, or

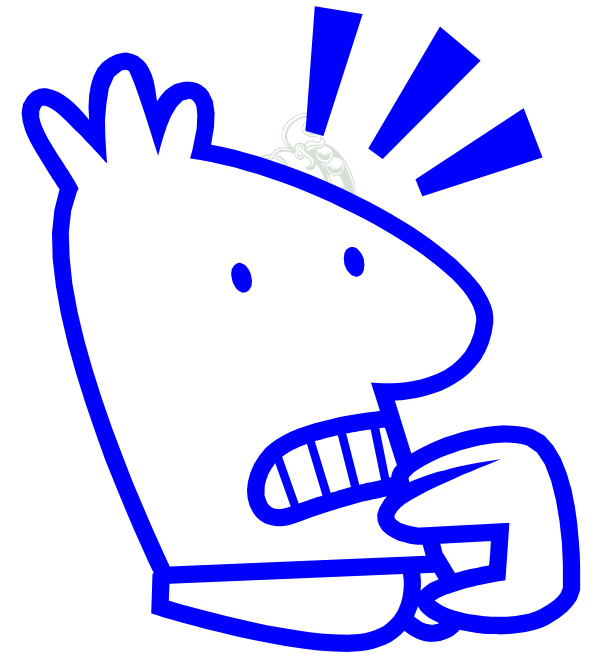
[www.enquire.org.uk](http://www.enquire.org.uk)

#### **Scottish Child Law Centre**

Free phone for under 18s :

0800 328 8970

# Help! I'm being bullied



Bullying can make life at school really hard.

Your school has to help you.

## **Help! I'm being bullied**

This leaflet is for children and young people who need extra help at school. It is also available in Braille, audio, BSL video and other languages.

### **What is bullying ?**

Bullying can be all sorts of different things. It doesn't just happen at school either.

Bullying is sometimes when someone hits or kicks you.

Sometimes it is when people call you names or take things that belong to you. Sometimes it is when no-one will talk to you or be your friend. All of these things can be bullying.

### **What can I do about it ?**

The law says that you should make sure that your school knows that you are being bullied and who is doing it. Do this as soon as you can.

### **Who can I tell ?**

You can speak to anyone at the school you like. You can tell the Head Teacher or your class teacher or another teacher you get on with.

If you prefer, you can ask your parents, or someone else, to tell the school for you; or get someone to go with you when you ask to speak to the school.

### **What will the school do ?**

The school have to make sure that you are safe from any danger at school. That includes bullying.

Bullying can affect your school work. Sometimes, children who are being bullied can't concentrate in class. The school have to give you extra help if you need it.

The best way for the school to help is to try and stop the bullying.

### **Anti-Bullying Policy**

Most schools have an