

BIG BULLY

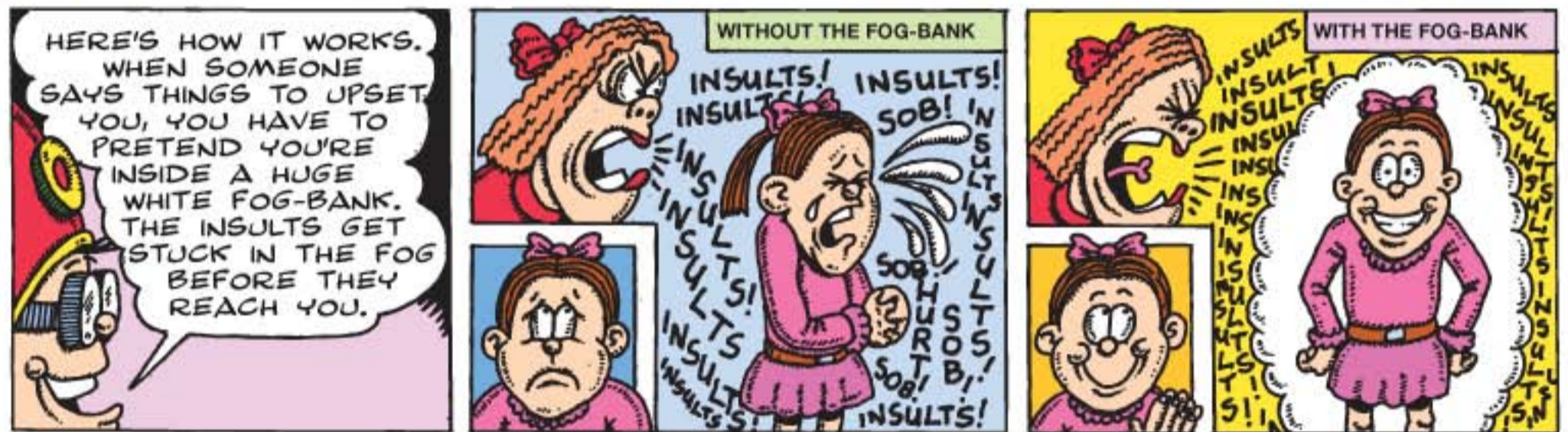
STARRING
THE
SUPER
SIX

A PUBLICATION FROM THE CHILDREN AND YOUNG PEOPLE'S UNIT



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MAKE A LIST OF ALL THE GOOD THINGS YOU CAN THINK OF ABOUT YOURSELF.

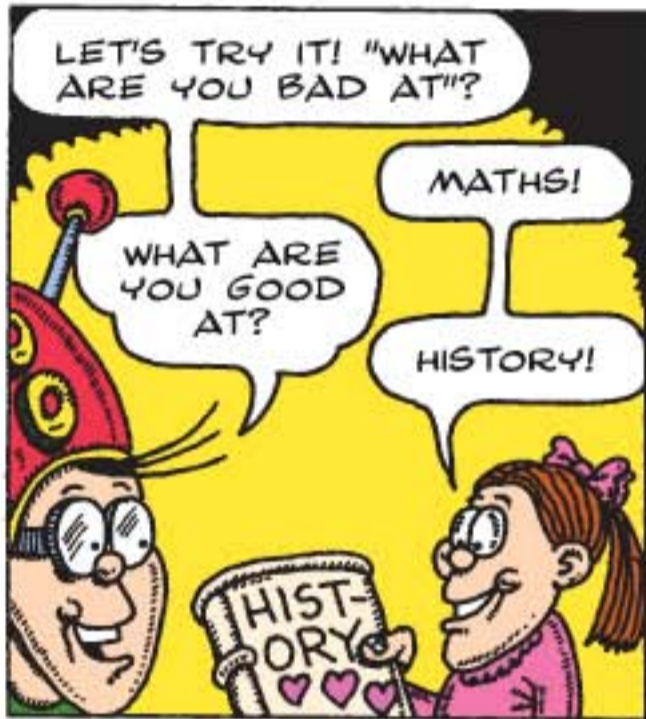


NEXT TIME YOU FEEL SAD THINK OF ALL THE THINGS ON YOUR LIST!



LEARN TO TALK TO YOURSELF IN A POSITIVE WAY. SO INSTEAD OF THINKING ABOUT THE THINGS YOU'RE BAD AT, THINK OF ALL THE THINGS YOU'RE GOOD AT!

WHAT?

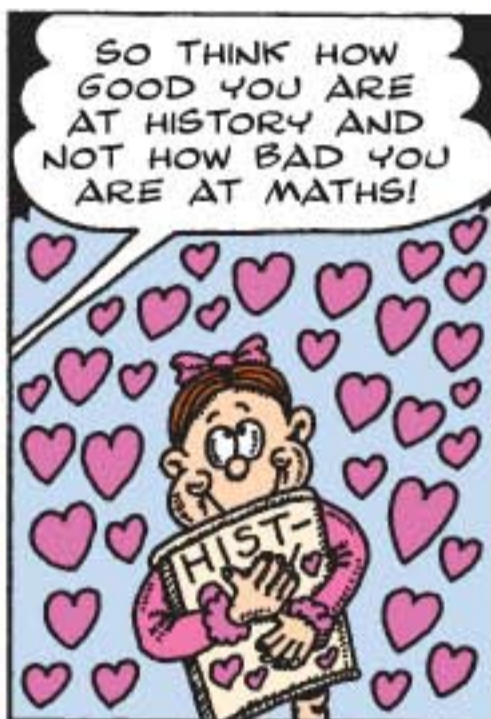


LET'S TRY IT! "WHAT ARE YOU BAD AT?"

MATHS!

WHAT ARE YOU GOOD AT?

HISTORY!



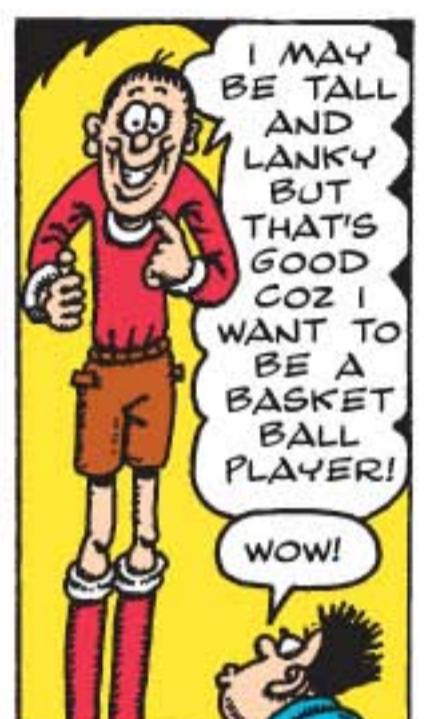
SO THINK HOW GOOD YOU ARE AT HISTORY AND NOT HOW BAD YOU ARE AT MATHS!



GO ON, TRY IT EVERYONE!

ooo

I MAY HAVE BIG EARS BUT I'VE GOT TWO AND THEY WORK!



I MAY BE TALL AND LANKY BUT THAT'S GOOD COZ I WANT TO BE A BASKET BALL PLAYER!

WOW!



HERE'S ANOTHER THING YOU CAN DO - IF YOU'VE GOT AN INTEREST OR HOBBY - GET REALLY GOOD AT IT!

IS THAT SO I FORGET ABOUT THE BULLYING?



IT'S SO YOU FEEL GOOD ABOUT YOURSELF AND FEEL CONFIDENT.

HOORAY!

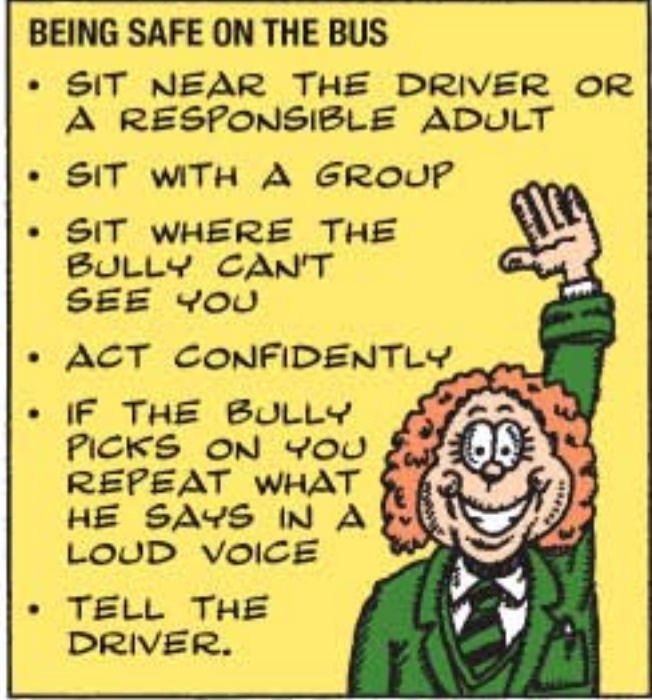


SO REMEMBER... ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE!

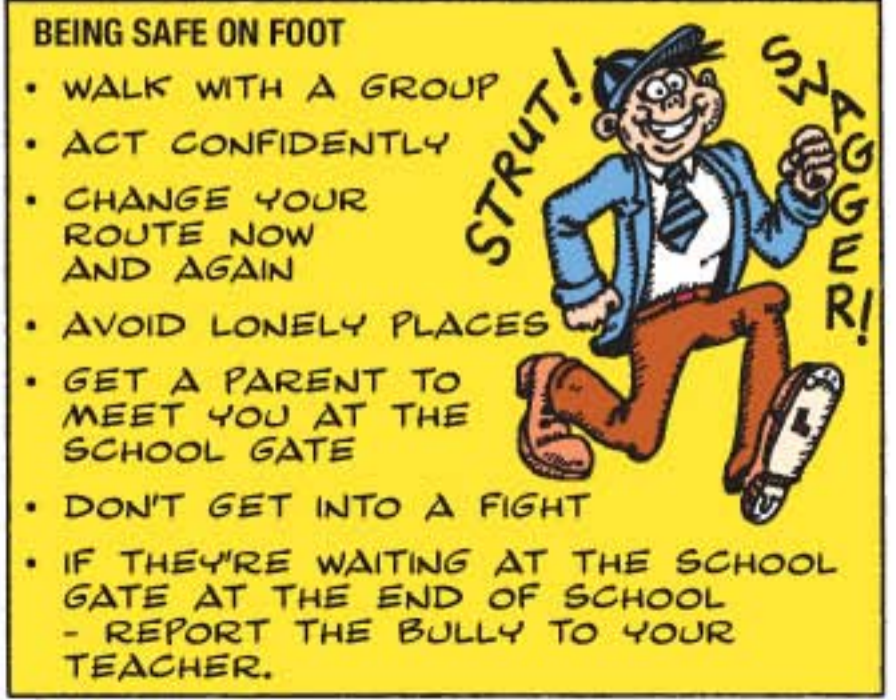
THE BULLY OUTSIDE THE SCHOOL GATES!



THIS IS SID! HE GETS BULLIED GOING TO SCHOOL AND COMING HOME FROM SCHOOL. WHAT CAN HE DO?



- BEING SAFE ON THE BUS**
- SIT NEAR THE DRIVER OR A RESPONSIBLE ADULT
 - SIT WITH A GROUP
 - SIT WHERE THE BULLY CAN'T SEE YOU
 - ACT CONFIDENTLY
 - IF THE BULLY PICKS ON YOU REPEAT WHAT HE SAYS IN A LOUD VOICE
 - TELL THE DRIVER.



- BEING SAFE ON FOOT**
- WALK WITH A GROUP
 - ACT CONFIDENTLY
 - CHANGE YOUR ROUTE NOW AND AGAIN
 - AVOID LONELY PLACES
 - GET A PARENT TO MEET YOU AT THE SCHOOL GATE
 - DON'T GET INTO A FIGHT
 - IF THEY'RE WAITING AT THE SCHOOL GATE AT THE END OF SCHOOL - REPORT THE BULLY TO YOUR TEACHER.

WHAT'S BULLYING!
ECO-GIRL GIVES YOU THE LOW DOWN!

BULLYING IS WHEN SOMEONE MAKES YOU...
...SAD...
1
SNIFF! BLUB!
SNIFF!
SOB!

...OR ANGRY JUST FOR FUN!
GRRRR!
HA!
HAA!
HA!
HA!
HAA!
HA!

BULLYING IS WHEN SOMEONE HITS YOU OR HURTS YOU ON PURPOSE!
★ WHAM!
2
DO YOU KNOW A BULLY WHO DOES THINGS LIKE THIS?

BULLYING IS WHEN SOMEONE TAKES YOUR FRIENDS AWAY AND LEAVES YOU ALL ALONE!
3
NEAREST FRIEND 400000 MILES.

BULLYING IS WHEN SOMEONE MAKES YOU GIVE THEM YOUR STUFF!
4

5
BULLYING IS WHEN SOMEONE MAKES YOU GIVE THEM YOUR MONEY!
£3

6
BULLYING IS WHEN SOMEONE CALLS YOU NAMES OR SAYS THINGS TO UPSET YOU
SILLY BILLY!
NIT!
TWIT!

7
BULLYING IS WHEN SOMEONE THREATENS YOU ALL THE TIME!
AAAAAGH!

NOW READ ON TO FIND OUT HOW YOU CAN BEAT THE BULLY!
HOOORAY!!!

INTERVIEW WITH A BULLY

HELLO I'M HERE IN TERRY'S HOUSE TO INTERVIEW A BULLY WHOM WE'LL CALL 'BULLY X'.

BUT YOU USED MY NAME.

WE'VE GOT HIM IN THE DARK SO YOU CAN'T SEE WHO HE IS.

HEY TURN THE TORCH OFF!

RELAX! BULLY X - WHAT SORT OF PEOPLE DO YOU BULLY?

QUESTIONS FOR A BULLY

I ALWAYS PICK ON PEOPLE WHO ARE DIFFERENT! I USE THE 'TOO' FACTOR. LIKE THEY'RE...

...TOO SMART!

...TOO WELL DRESSED!

...TOO GOOD LOOKING!

101345
X783
12345

...TOO HAPPY!

...TOO WEE!

...TOO THIN!

...TOO SHY!

...TOO FAT!

UMMH! SO WHAT'S YOUR FAVOURITE SORT OF PERSON TO BULLY TERRY?

OH I REALLY LIKE EASY TARGETS - YOU KNOW, PEOPLE WHO ARE QUIET, WEAK, TIMID, SHY, THAT SORT OF THING!

DID YOU KNOW THAT BULLYING IS USUALLY A SIGN THE BULLY NEEDS HELP?

WHAT?

WELL PEOPLE BECOME BULLIES FOR LOTS OF DIFFERENT REASONS!

MY BIG BOOK OF BULLIES - BY - DR. WHY

LET ME ASK YOU THE "I'M A BULLY AND I NEED HELP" QUIZ.

EH? OK!

1 DO YOU HAVE PROBLEMS AT HOME? 2 ARE YOU BULLIED? 3 DO YOU HAVE NO FRIENDS? 4 ARE YOU LONELY? 5 DO YOU FEEL BAD ABOUT YOURSELF? 6 DO YOU FEEL UNIMPORTANT? 7 DO YOU NEED TO LOOK 'BIG' IN FRONT OF OTHERS?

CLICK! SOB!

YES, YES TO ALL THOSE QUESTIONS. I'M A BULLY AND I NEED HELP!

I CAN HELP! GIVE ME YOUR HAND!

WE GOIN' ON A DATE?

NO, WE'RE GOING TO SEE ARCHIE ACHIEVER. HE'LL HELP YOU. THEN WHEN YOU'RE A BETTER PERSON WE'LL SEE ABOUT THE DATE!

COOL!

NOW YOU KNOW HOW A BULLY THINKS...

...AND WHAT A BULLY LOOKS FOR IN YOU!

HOW TO PROTECT YOURSELF.

HI, I'M SOPHIE SAFE AND I'M GOING TO HELP YOU LEARN TO PROTECT YOURSELF FROM THE BULLY!

DON'T BE AN EASY TARGET.

BULLIES PICK ON PEOPLE WHO LOOK WEAK AND TIMID! SO LOOK CONFIDENT AND POSITIVE!

WHO DO YOU THINK THE BULLY WILL PICK ON?

DON'T BE ALONE! BULLIES PICK ON PEOPLE WHEN THEY'RE ALONE SO HANG OUT WITH A GROUP.

WHO DO YOU THINK THE BULLY WILL PICK ON?

DON'T GO TO PLACES WHERE YOU KNOW THE BULLY IS LIKELY TO BE OR MAYBE WAITING FOR YOU.

IF YOU DO HAVE TO BE IN THESE PLACES - DON'T BE ALONE AND WATCH OUT - BULLIES KNOW THE BEST PLACES WHERE TEACHERS CAN'T SEE THEM!

ON A LONELY PATH TO SCHOOL!

IN THE TOILETS!

DON'T SHOW YOU'RE UPSET OR ANGRY. BULLIES LOVE TO SEE THIS! THEY WON'T BULLY YOU IF YOU DON'T SEEM TO CARE!

WHO DO YOU THINK THE BULLY WILL PICK ON?

DON'T FIGHT BACK (IF YOU CAN HELP IT). BULLIES PICK ON PEOPLE WHO SEEM TO BE WEAKER THAN THEY ARE!

REMEMBER. IT'S GOOD TO HAVE A BEST FRIEND. IT'S HARDER TO PICK ON YOU IF YOU'VE GOT A FRIEND FOR BACK UP!

DON'T SUFFER IN SILENCE! TELL YOUR FRIENDS! TELL YOUR PARENTS! TELL YOUR RELATIVES! TELL YOUR TEACHER! TELL YOUR HEADMASTER! TELL EVERYONE!

YOU'LL FIND LIFE WILL GET BETTER!

I'M BEING BULLIED!

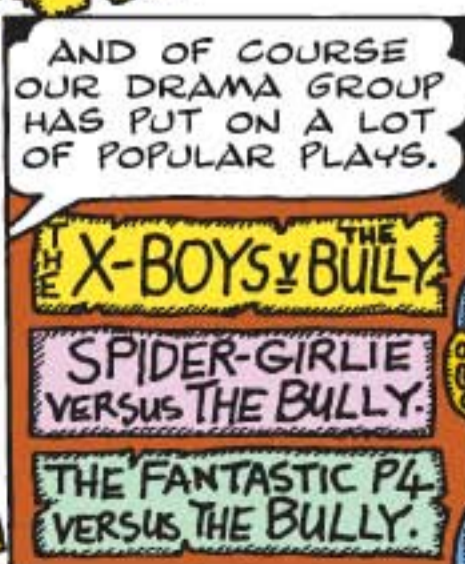
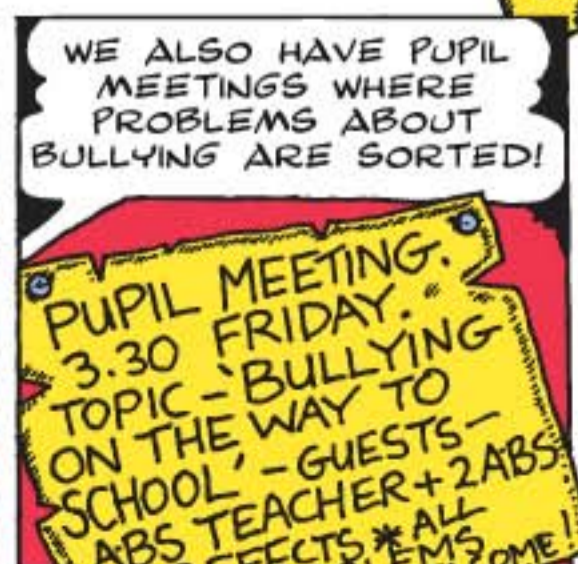
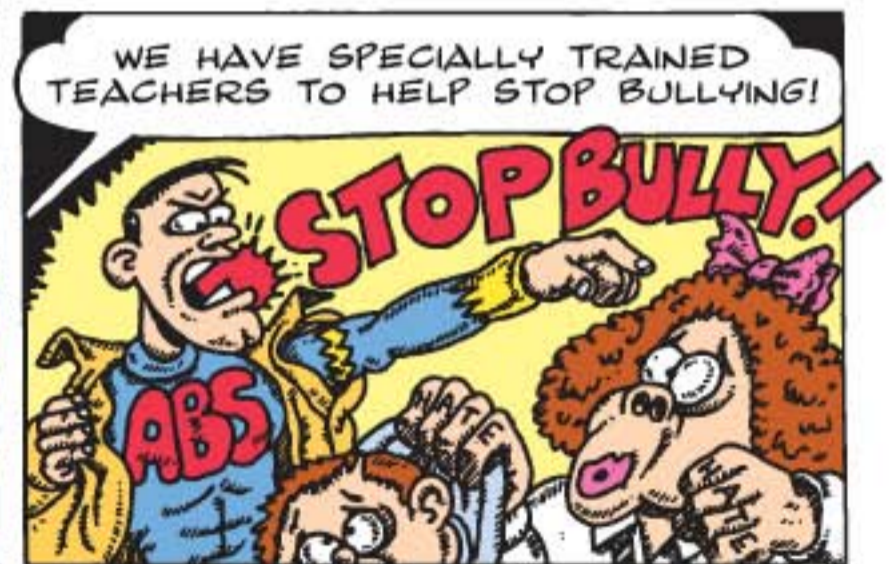
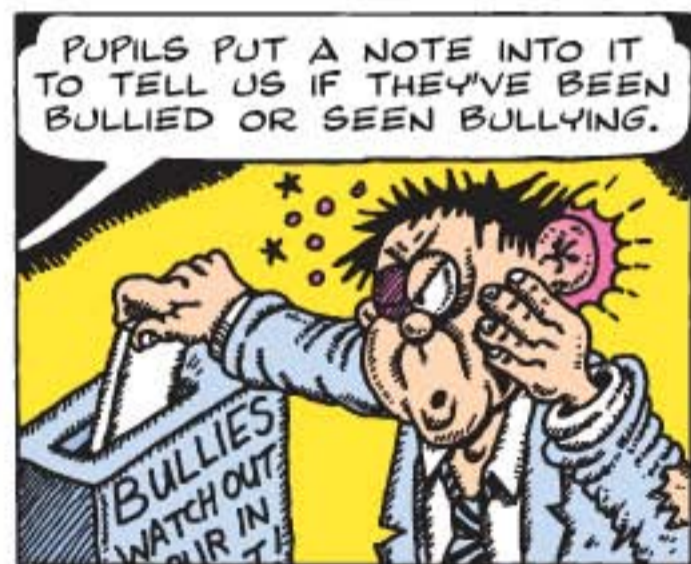
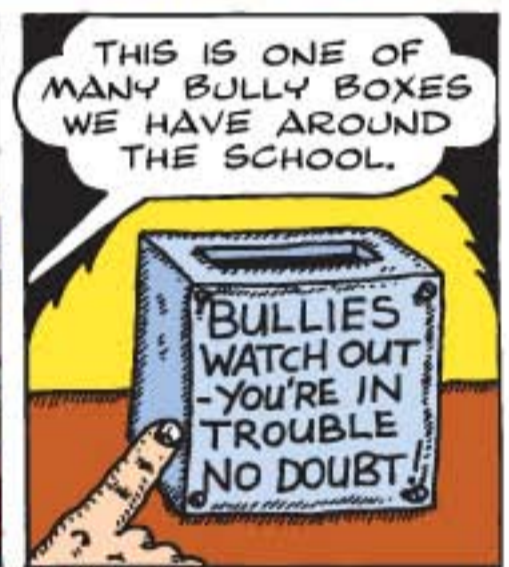
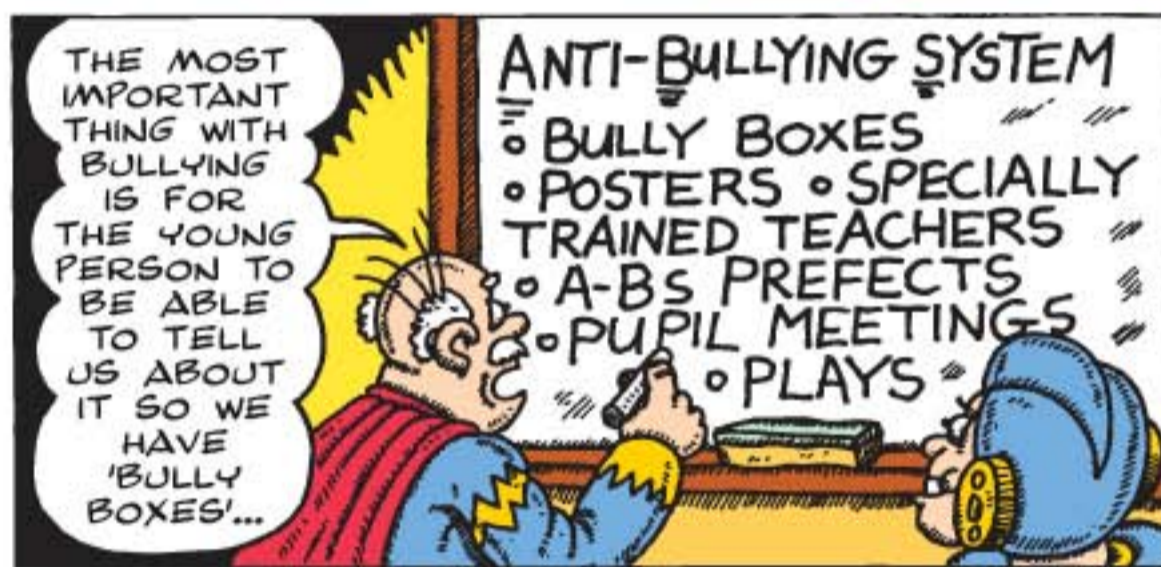
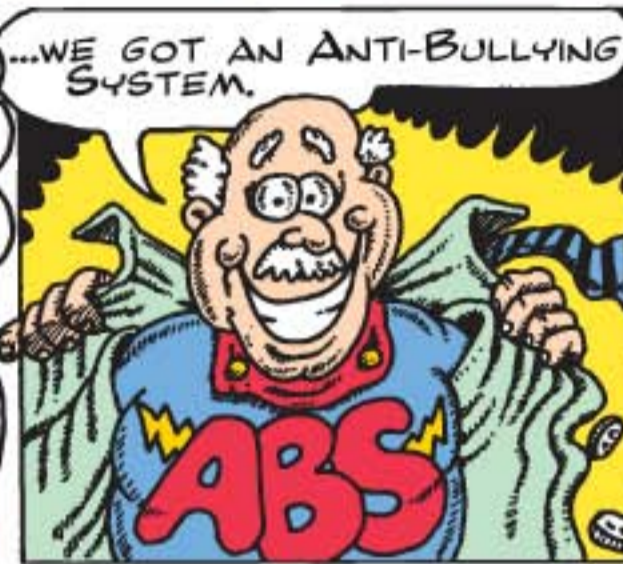
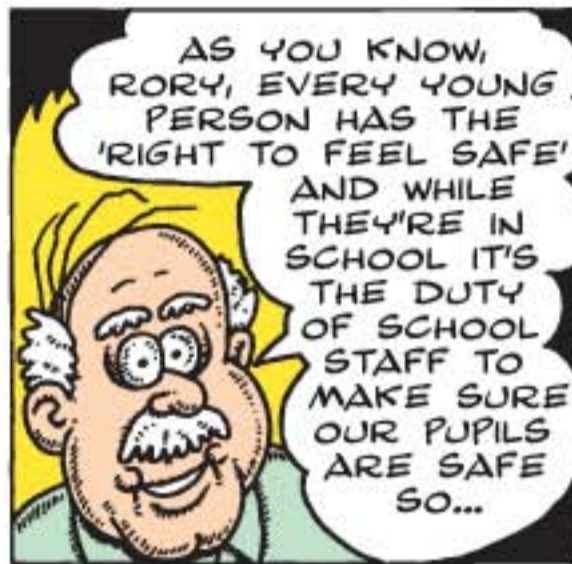
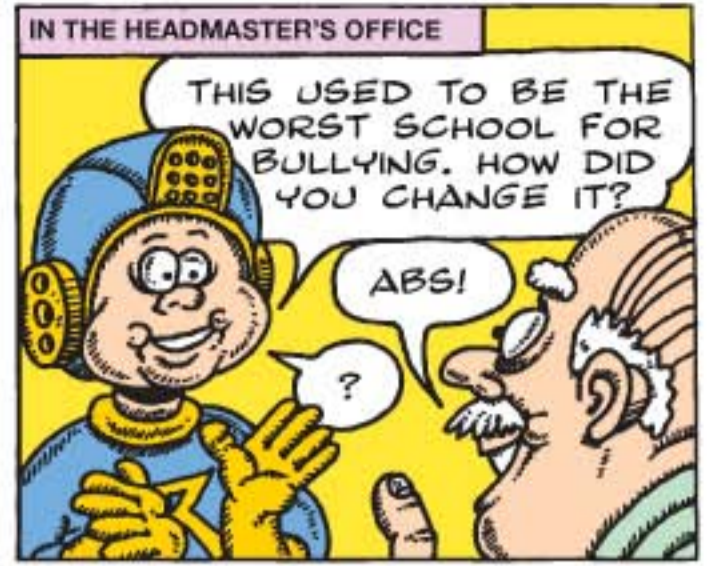
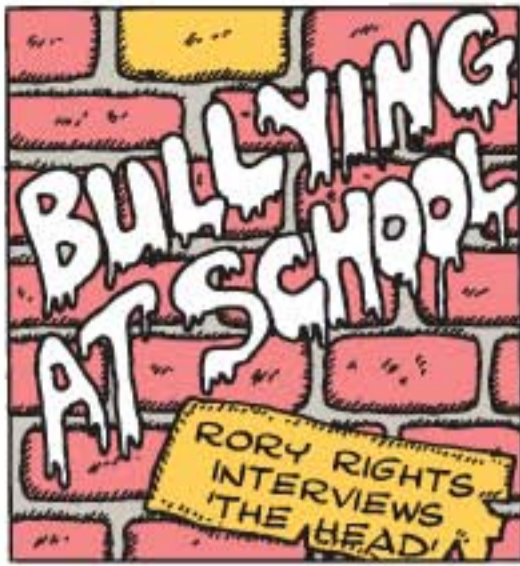
DON'T RISK BEING HURT TO KEEP YOUR STUFF OR MONEY. IF THEY WANT IT THEY'LL TAKE IT SO GIVE IT UP. IT CAN BE REPLACED - YOU CAN'T!!

DON'T FORGET TO KEEP A DIARY. WRITE ALL THE THINGS DOWN. IT'LL COME IN HANDY LATER WHEN THE BULLY GETS CAUGHT!

MY DIARY
MONDAY 21ST FEB
BULLY TERRY TOOK MY LUNCH MONEY

HOW TO BEAT A BULLY

AND THEY WILL GET CAUGHT!



TELLING TALES?

GOOD INFO...
YO!

...FROM HERBIE HEALTHY

IT'S REALLY IMPORTANT THAT YOU TELL AN ADULT ABOUT BULLYING.

WHO SHOULD I TELL?

YOU CAN TELL YOUR PARENTS OR CARERS, A RELATIVE, YOUR TEACHER OR THE SCHOOL PRINCIPAL!

BUT ISN'T THAT TELLING TALES?

NO! YOU HAVE THE RIGHT TO BE SAFE FROM BULLYING!

KNOW YOUR RIGHTS

WHY SHOULD SOMEONE MAKE YOU UNHAPPY?

BUT WHAT IF EVERYONE THINKS I'M JUST WEAK!

YOU'RE NOT BEING WEAK BY ASKING. YOU'RE BEING BRAVE AND FIXING THINGS SO YOU CAN BE HAPPY AGAIN.

BUT WHAT HAPPENS IF THE BULLY FINDS OUT?

SCHOOLS CAN PUT A STOP TO BULLYING WITHOUT THE BULLY FINDING OUT WHO TOLD.

ESPECIALLY IF THE BULLY HAS HURT MORE THAN ONE PERSON.

AND ANYWAY EVEN IF THE BULLY FINDS OUT IT'S BETTER BECAUSE BULLIES FIND IT HARD TO BULLY IF EVERYONE KNOWS ABOUT THEM.

DID YOU KNOW BULLIES NEED SECRECY!!

I'M A BULLY

HOW TO KEEP A I'M BEING BULLIED DIARY

IT'S IMPORTANT TO WRITE DOWN WHAT'S BEEN HAPPENING AND HOW IT MAKES YOU FEEL. IT'S EASY. HERE'S WHAT YOU NEED TO DO.

I'M BEING BULLIED

YOU SHOULD WRITE DOWN THE DATE AND EVEN THE TIME THE BULLYING HAPPENED.

FRIDAY 3RD MAY 3.30PM

WRITE DOWN WHAT HAPPENED AND WHERE IT HAPPENED

LUNCH MONEY WAS STOLEN ON MY WAY TO SCHOOL

WRITE DOWN THE NAME OF WHO WAS THERE. SAY WHO THE BULLY WAS.

TIGER SMYTH AND TOAD BATES AND ONE TOOTH SAMMY. IT WAS THE BULLY TERROR TERRY

IF IT HELPS YOU COULD ALSO DRAW A PICTURE!

ME

...OR WRITE A POEM...

BULLY BATES AND HIS ROTTEN MATES TOOK ALL MY MONEY AND SPENT IT ON SUE HONEY MY LIFE IS SO BAD I FEEL SO SAD!

...OR WRITE A SONG ABOUT WHAT HAPPENED AND HOW YOU FEEL!

Y FACTOR

HE TOOK MY LUNCH MONEY
OH WHAT A CRUMB. I FEEL
SO GLUM WITH AN EMPTY TUM!

WHEN YOU DECIDE TO TELL SOMEONE IT'S GOOD TO HAVE A WRITTEN RECORD OF THE BULLYING. IT HELPS PEOPLE TO UNDERSTAND!

IT'S ALSO EASIER TO PROVE WHAT'S BEEN GOING ON.

BEATEN ROBBED BIG BULLY TERRY

IF YOU FIND IT HARD TO TALK ABOUT BULLYING IT COULD ALSO MAKE IT EASIER TO TELL A PARENT...

I'M BEING BULLIED DIARY

...IF YOU LEAVE YOUR DIARY WHERE THEY'LL SEE IT.

I'M BEING BULLIED DIARY

SEE! IT'S EASY SO KEEP AN "I'M BEING BULLIED DIARY."

AND REMEMBER NO BULLIES HERE!

WHAT CAN YOUR FOLKS DO ONCE THEY KNOW YOU'RE BEIN' BULLIED?

1 YOU CAN HELP THEM BY SHOWING THEM THIS PAGE!

GOSH!

2 PARENTS CAN TALK TO YOUR TEACHER AND HEADMASTER!

TALK! TALK! TALK! TALK! TALK! TALK!

BULLYING AT SCHOOL IS A SCHOOL DISCIPLINE PROBLEM AND THE SCHOOL HAVE TO TAKE POSITIVE ACTION TO STOP IT.

THAT'S TRUE!

HEADMASTER

3

4 THE SCHOOL HAVE TO GIVE YOUR PARENTS DETAILS OF THEIR ANTI-BULLYING PROCEDURES!

ANTI-BULLYING PROCEDURES

MORE ANTI-BULLYING PROCEDURES

BIG BULLY

NO BULLIES

ANTI-BULLY BOOK 2

BULLY

YOUR PARENTS SHOULD INSIST ON KNOWING WHAT THE SCHOOL IS GOING TO DO TO PROTECT YOU FROM BULLYING.

LIST OF PROTECTIVE MEASURES

5

THE SCHOOL MUST PROTECT YOUR RIGHTS AND ONE OF THOSE RIGHTS IS THAT YOU SHOULD BE SAFE!

CLUNK! DING! PING!

YOUR RIGHTS

6

IF YOUR PARENTS AREN'T HAPPY WITH THE ANSWERS THEY CAN MAKE A COMPLAINT TO THE SCHOOL GOVERNORS.

COMPLAINT COMPLAINT COMPLAINT COMPLAINT

7

SO THERE!!