

# STOP BULLYING NOW!

## A guide for Gypsy and Traveller children



### You need to know

- your right to report bullying
- people who will give help and advice

Contacts: -----  
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### Bullying is when someone hurts you by what they say and do to you

#### Tell someone about your experiences of

- name-calling and rude remarks
- being baited
- rude gestures being made at you
- people telling lies about you
- someone stealing or hiding your things
- being threatened or hurt
- being left out or ignored

#### You have rights

- to go to school every day until you are 16 years old
- to enjoy school and have new friends
- to learn about the world and your part in making it a good place to live in
- to be shown respect at school for your lifestyle, your beliefs and customs

### Remember

- it's not your fault
- it can happen to anyone
- it can happen anywhere, even at home
- don't feel ashamed
- don't respond
- don't keep it a secret
- don't be a bully

### Some things are normal!

- quarrelling, falling out and fighting are part of growing up and mixing with others
- but it is bullying if you feel powerless to stop it
- people can hurt you without meaning to
- you can feel bullied when no-one meant it to happen

### Some useful phone numbers

Childline Scotland's Bullying Line  
0800 441111  
(Mon-Fri 3:30 - 10:00 pm, Weekends 2:00-8:00 pm)

Childline Scotland (24 hours) **ours)**  
0800 1111

### Things to do

- remember what was said and done and
- speak to your friends about it
- speak to your family about it
- speak to someone in school
- make sure you join in the discussions about bullying in Circle Time or PSD
- post a note in the box at school if you don't want to talk about it in public