



Where to go
for help

Definitions

Hate Crime

A crime is a hate crime if the victim feels that they have been targeted because they are different in some way.

This difference will always be something about the victim that makes them who they are. The law in the UK says that hate crimes are more serious than other crimes.

Bullying

'Bullying is deliberately hurtful behaviour repeated often over a long period'.

Where to go for help

- ◆ Childline 0800 – 1111 Calls are free from all phones, even mobiles
- ◆ www.nspcc.org.uk
- ◆ Tell a teacher/LSA/Dinner lady
- ◆ Tell an adult
- ◆ Tell a friend/family member
- ◆ Ignore the bullies
- ◆ Keep safe, so stay in a group/with friends
- ◆ Stand up to the bullies – say 'no' or 'stop'
- ◆ Keep a diary of what is happening
- ◆ Look out for your friends
- ◆ Don't give up – keep telling somebody

