SESMA

Martial Arts
Anti-Bullying
Self Defence
Teaching Since 1989



STAND UP
SPEAK OUT
TOGETHER WE CAN STOP BULLYING

CONFIDENCE · RESPECT · FOCUS · KINDNESS · INCLUSION

WHAT IS BULLYING?

Bullying is any behaviour that is intended to hurt, is repeated and where it's hard for the person on the receiving end to defend themselves (in other words – the person doing the bullying has the power). Children can be bullied by children and by adults.



IT CAN BE:

VERBAL
Name calling, nasty comments, threats

PHYSICAL
Hitting, kicking, pushing, taking belongings

EMOTIONAL
Ignoring, excluding, spreading rumours

ONLINE
Hurtful messages, sharing images, social media (cyberbullying)

IT IS NEVER YOUR FAULT!

10 ANTI-BULLYING TIPS FOR CHILDREN!

1. **Stand & Walk Tall**
   Look confident and be aware of what's happening around you.
2. **Strong Clear Voice**
   Talk with a clear voice, not a mumbled voice.
3. **Positive Body Language**
   Keep your head up, look them in the face, stay calm and ask them to stop.
4. **Avoid Situations**
   If you know where bullies are, avoid those areas or walk away to a safe place.
5. **Safe Places**
   Know where the safe places are in school (e.g. classroom, playground, teacher, School Buddies).
6. **School Buddies**
   Know who the School Buddies are. They can help you, make friends and solve playground disputes.
7. **Tell Someone**
   Speak to a teacher, parent or a friend. If you're worried, ask a friend to go with you.
8. **Respect**
   Treat everyone with respect. Don't get drawn into name calling. If it continues, speak to someone.
9. **Safety in Numbers**
   Make friends and be part of a group. Bullies often pick on individuals. If someone in your group is unkind, they're not really your friend.
10. **Defend Yourself**
    If someone tries to hit you, defend yourself, block and get away to safety. Tell them to stop and report it afterwards.

SESMA's 5 STEPS OF SELF-DEFENCE

STAY SAFE AND STRONG!

1. **AWARENESS**
   Look and listen. Notice what's happening around you. Use strong body language.
2. **BYPASS**
   If something feels wrong, change direction or walk away. Choose a safer route.
3. **CONFRONTED**
   Stay calm, set a boundary and use a clear, confident voice. "Stop!" or "Leave me alone!"
4. **DE-ESCALATE**
   Keep your distance, speak calmly and don't react with anger.
5. **ESCAPE**
   Move to a safe place as quickly as possible. Your goal is always to get away, not to fight.



REMEMBER:
Self-defence is about staying safe, not being tough. You are strong, smart, and capable of making good choices.

WHAT TO DO IF YOU ARE BEING BULLIED



1. **Remember it's not your fault.** The person doing the bullying needs to change, not you.
2. **Get help.** Tell a trusted adult. If they don't listen, keep telling until someone helps.
3. **Keep a record.** Write down what happened, when, who was there and how you felt.
4. **Know your friends.** Spend time with people who make you feel good and treat you well.
5. **Seek a place of safety.** If you feel at risk, remove yourself from the situation and get help as soon as you can.

You are amazing. You are not alone. Together we can stop bullying.

FOR PARENTS & CARERS

Sometimes it is hard to know if your child is being bullied. Your child may indicate it through their behaviour, but these changes can also be caused by other reasons. If you have concerns, speak to your child and take the situation seriously.

SIGNS YOUR CHILD MAY BE BEING BULLIED:

- Becoming frightened or unwilling to go to school
- Leaving for school very early or coming home late
- Change in their usual route
- Begnge you to drive them to school
- Feeling ill in the mornings
- Doing poorly in school work
- Coming home regularly with damaged clothes or books
- Becoming withdrawn, anxious or distressed
- Changes in eating or sleeping habits
- Crying, having nightmares or missing possessions
- Unexplained bruises, cuts or scratches
- Refusing to talk about what's wrong
- Becoming aggressive or unreasonable
- Giving unlikely excuses for any of the above

WORKING TOGETHER WITH SCHOOLS

1. **Speak to your child**
   Talk calmly and reassure them. Let them know they have done the right thing by telling you.
2. **What do they want?**
   Ask your child what they would like you to do and agree a plan together.
3. **Contact the school**
   Arrange a meeting with your child's teacher or Head teacher. Every school has an Anti-Bullying Policy.
4. **Give them a time limit**
   Agree a plan and a time frame. Make sure you are happy with what will happen.
5. **Follow up**
   Arrange a second meeting to review progress. If the bullying continues, request further action and speak to the Head teacher or governors if needed.



USEFUL SUPPORT & ADVICE

National Children's Bureau
www.ncb.org.uk

SESMA
Martial Arts
Anti-Bullying
Self Defence
Teaching Since 1989

YOUTH SPORT TRUST
www.youthsporttrust.org

UK COACHING
www.ukcoaching.org

CONFIDENCE
RESPECT
FOCUS
KINDNESS
INCLUSION

SAFEGUARDING CODE

For more information about our martial arts classes, anti-bullying workshops and personal safety sessions, visit:
www.sesma.co.uk

SAFER CHILDREN • STRONGER COMMUNITIES • BRIGHTER FUTURES

SESMA

Martial Arts
Anti-Bullying
Self Defence
Teaching Since 1989



STAND UP
SPEAK OUT

TOGETHER WE CAN STOP BULLYING

CONFIDENCE RESPECT FOCUS KINDNESS INCLUSION

WHAT IS BULLYING?

Bullying is any behaviour that is intended to hurt, is repeated and where it's hard for the person on the receiving end to defend themselves (in other words – the person doing the bullying has the power).
Children can be bullied by children and by adults.



IT CAN BE:

VERBAL
Name calling, nasty comments, threats

PHYSICAL
Hitting, kicking, pushing, taking belongings

EMOTIONAL
Ignoring, excluding, spreading rumours

ONLINE
Hurtful messages, sharing images, social media (cyberbullying)

IT IS NEVER YOUR FAULT!

10 ANTI-BULLYING TIPS FOR CHILDREN!

1. **Stand & Walk Tall**
   Look confident and be aware of what's happening around you.
2. **Strong Clear Voice**
   Talk with a clear voice, not a mumbled voice.
3. **Positive Body Language**
   Keep your head up, look them in the face, stay calm and ask them to stop.
4. **Avoid Situations**
   If you know where bullies are, avoid those areas or walk away to a safe place.
5. **Safe Places**
   Know where the safe places are in school (e.g. classroom, playground, teacher, School Buddies).
6. **School Buddies**
   Know who the School Buddies are. They can help you, make friends and solve playground disputes.
7. **Tell Someone**
   Speak to a teacher, parent or a friend. If you're worried, ask a friend to go with you.
8. **Respect**
   Treat everyone with respect. Don't get drawn into name calling. If it continues, speak to someone.
9. **Safety in Numbers**
   Make friends and be part of a group. Bullies often pick on individuals. If someone in your group is unkind, tell them to stop.
10. **Defend Yourself**
    If someone tries to hit you, defend yourself, block and get away to safety. Tell them to stop and report it afterwards.

SESMA's 5 STEPS OF SELF-DEFENCE

1. **AWARENESS**
   Look and listen. Notice what's happening around you. Use strong body language.
2. **BYPASS**
   If something feels wrong, change direction or walk away. Choose a safer route.
3. **CONFRONTED**
   Stay calm, set a boundary and use a clear, confident voice. "Stop!" or "Leave me alone!"
4. **DE-ESCALATE**
   Keep your distance, speak calmly and don't react with anger.
5. **ESCAPE**
   Move to a safe place as quickly as possible. Your goal is always to get away, not to fight.



REMEMBER:

Self-defence is about staying safe, not being tough. You are strong, smart, and capable of making good choices.

WHAT TO DO IF YOU ARE BEING BULLIED?



1. **Remember it's not your fault.** The person doing the bullying needs to change, not you.
2. **Get help.** Tell a trusted adult. If they don't listen, keep telling until someone helps.
3. **Keep a record.** Write down what happened, when, who was there and how you felt.
4. **Know your friends.** Spend time with people who make you feel good about yourself.
5. **Seek a place of safety.** If you feel at risk, remove yourself from the situation and get help as soon as you can.

You are amazing. You are not alone. Together we can stop bullying.

FOR PARENTS & CARERS



Sometimes it is hard to know if your child is being bullied. Your child may indicate it through their behaviour, but these changes can also be caused by other reasons.
If you have concerns, speak to your child and take the situation seriously.

SIGNS YOUR CHILD MAY BE BEING BULLIED:

- Becoming frightened or unwilling to go to school
- Leaving for school very early or coming home late
- Change in their usual route
- Begging you to drive them to school
- Feeling ill in the mornings
- Doing poorly in school work
- Coming home regularly with damaged clothes or books
- Becoming withdrawn, anxious or distressed
- Changes in eating or sleeping habits
- Crying, having nightmares or missing possessions
- Unexplained bruises, cuts or scratches
- Refusing to talk about what's wrong
- Becoming aggressive or unreasonable
- Giving unlikely excuses for any of the above

WORKING TOGETHER WITH SCHOOLS

1. **Speak to your child**
   Talk calmly and reassure them. Let them know they have done the right thing by telling you.
2. **What do they want?**
   ask your child what they would like you to do and agree a plan together.
3. **Contact the school**
   Arrange a meeting with your child's teacher or Head teacher to discuss the situation.
4. **Make a plan**
   Agree a plan and time scale with the school
   Make sure all are happy with what will happen.
5. **Follow up**
   Arrange a second meeting to review progress.
   Discuss improvements or any concerns you, your child or the school may have.

KEEP TALKING KEEP SUPPORTING

TOGETHER WE CAN MAKE A DIFFERENCE



USEFUL SUPPORT & ADVICE

ncb National Children's Bureau
www.ncb.org.uk

YOUTH SPORT TRUST
www.youthsporttrust.org

UK COACHING
www.ukcoaching.org

SESMA
Martial Arts
Anti-Bullying
Self Defence
Teaching Since 1989

SAFEGUARDING CODE

For more information about our martial arts classes, anti-bullying workshops and personal safety sessions, visit:
www.sesma.co.uk

SAFER CHILDREN • STRONGER COMMUNITIES • BRIGHTER FUTURES