



BNPS anti-bullying leaflet for kids



We're better
without bullying



Written by Year 5 and Year 6

Anti-bullying Week 2012



WHAT IS BULLYING?

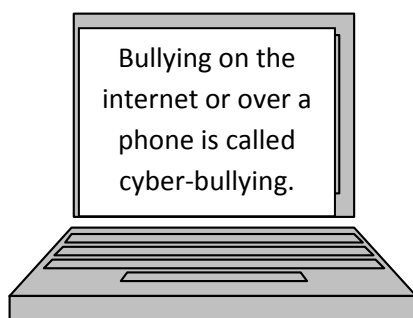
BULLYING IS...

- Ganging up on people
- Whispering about them
- Sending letters about them to other people
- Sending mean text messages about them that can upset them
- Calling them names everyday
- Constantly hurting someone physically

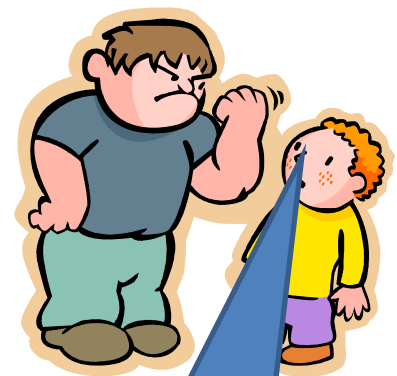
My feelings are hurt because people are making fun of me.



Bullying is: on purpose, it happens all the time and it is meant to make people feel left-out or upset.



Did you know that you can get bullied on the internet and in chat rooms?



Bullying can make you feel sad, lonely, angry and frustrated. You could feel that you're not confident and always be worried about what will happen to you next.

Before you tell a teacher or a responsible adult you must make sure that you are certain that it is actually bullying and you have not mistaken the problem for something else.

What bullying is not

Non-bullying is where something only happens once or is an accident.

If you or your friends are being bullied, you must tell a responsible adult. However, if you take matters into your own hands, the bullying may continue and get a lot worse.

Types of non-bullying:

Accidents

One off incidents, where someone calls you names or teases you

Doing something once because you're angry

When you're protecting someone else

If you think you are being bullied remember that non-bullying only happens once!



Types of Bullying

Some bullying can be based on the colour of your skin (Racist / Racism)

PHYSICAL

Physical bullying can be either kicking, shoving, punching or spitting.

VERBAL

Verbal bullying is bullying such as name calling, taunting, threats or offensive comments.

INDIRECT

Indirect bullying is someone spreading nasty stories about someone.

Cyber-bullying is bullying over the internet, by text messages, emails, or social networking sites.

**ALL TYPES OF BULLYING
ARE WRONG**



WHAT CAN YOU DO IF YOU FEEL YOU ARE BEING BULLIED?

Being as assertive as possible, tell them to stop.

Stay calm and try not to let the person see that they are upsetting you.

Tell an adult what has happened as quickly as possible.

Get away from the situation as quickly as possible.



What will my teacher do if I tell them?

- Listen to what has happened
- Ask you some questions
- Reassure you
- Talk to the person who is bullying you
- Ask them some questions
- Sometimes get both children together to discuss what has happened
- Inform and involve both sets of parents
- Decide what should happen to make sure it does not happen again
- Support you in building your confidence

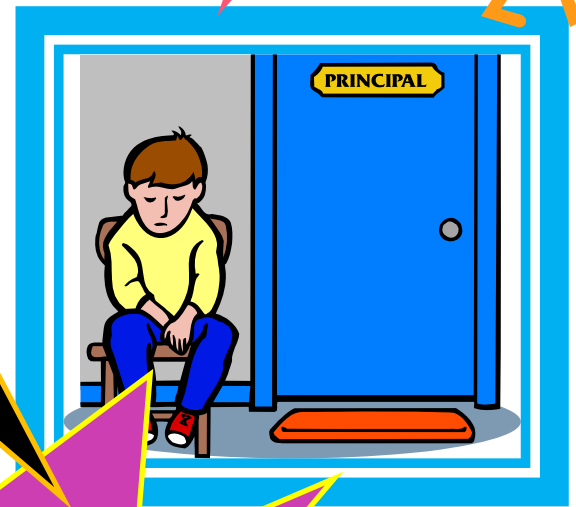
What if your friend is being bullied?

- Do not be a bystander
- Tell an adult
- Support them by making sure that they have friends to play with
- Keep checking they are ok

BULLYING is wrong, so how can you stop it?

HOW TO PREVENT BULLYING?

"I was bullied at school now I'm happy with lots of friends. I just ignored them and then they went away!"



You must always tell a responsible adult if you are being bullied either at school or in public. It is important that you act now before it gets a lot worse.

Ways to prevent bullying:

- Asking adults to watch hidden areas
- Having an area full of quiet games
- A place where you can reflect
- Having a help box
- Feel confident to talk to your teacher or responsible adult
- Finding the correct punishment for the bully
- Making sure everyone knows how being bullied makes you feel

STOP!
This means YOU.



BRIZE NORTON PRIMARY SCHOOL

ANTI-BULLYING CHARTER

We want our school to be a place where:



- ✓ there is no bullying
- ✓ we respect each other and our differences
- ✓ everybody has the right to feel safe
- ✓ everyone has the right to be listened to
- ✓ it is o.k. to make mistakes, as long as we learn from them and do not repeat the same actions
- ✓ people are honest to say when they have done something wrong



- ✓ everybody feels they belong
- ✓ everyone trusts each other
- ✓ everyone can feel they can talk to an adult if they are worried
- ✓ everyone understands what bullying is