



My Friendship and Anti- Bullying Guide

Name: _____

IF YOU ARE BULLIED...

YOU COULD:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.

DON'T:

- Do what they say.
- Get angry or look upset.
- Hit them or retaliate.
- Think it's your fault.
- Hide it.
- Stay silent.

**STOP
BULLYING
NOW**

STAND UP • SPEAK OUT

**ALWAYS
TELL
SOMEONE!**

CARE AND KINDNESS

BEING A GOOD FRIEND:

What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.
- Tell an adult if someone has told you that they are being bullied.

WE ARE A TELLING SCHOOL!

TELL SOMEONE, STAND UP AND SPEAK OUT!

At High Down all staff, the Governors and the children will work together to:

- Make our schools a place where everyone can feel safe and happy. That means no bullying allowed.
- Help everyone to get on with each other and we believe that everyone has the right to be who they are.

WE SAY YES TO FRIENDSHIP AND NO TO BULLYING

WHAT IS BULLYING?

A bully is someone who hurts someone several times by using behaviour which is meant to hurt, frighten or upset another person. It may include some of the things below but only if they are deliberate, happen more than once and the person doing it isn't sorry.

- Emotional: Hurting people's feelings, leaving you out, writing messages.
- Physical: Punching, kicking, spitting, hitting, pushing, theft.
- Verbal: Being teased, name-calling, gossiping, and spreading untruths, constantly being rude.
- Racist: Calling you racist names.
- Cyber: Unkind things by text, email and social networking. Remember to tell and show an adult.
- Homophobic or transphobic bullying: making comments about your gender or sexuality that deliberately make you uncomfortable

SEVERAL TIMES ON PURPOSE

IS IT A FRIENDSHIP PROBLEM OR IS IT BULLYING?

FRIENDSHIP PROBLEMS

- Equal power - fairness
- Happens occasionally
- Accidental
- Really sorry
- Friends try to solve problems

BULLYING

- Imbalance of power
- Repeated again and again
- Deliberate
- Not sorry
- No effort to solve problem
- Several
- Times
- On
- Purpose

WHO CAN I TELL?

If you are having friendship problems or being bullied you must tell friends, family or any grown up that works in school.

WE WILL LISTEN AND HELP.

MOST IMPORTANTLY

START TELLING OTHER PEOPLE!