

## If you are bullied...

### DO:

- Tell them to STOP
- Use eye contact
- Play with other friends
- Stay away from them
- Ignore them
- Walk away and don't look back
- Use the classroom worry box
- Talk to a friend
- Stay near an adult
- Tell someone you trust



### DON'T:

- Do what they say
- Fight back
- Think it's your fault
- Hide it
- Do it back
- Keep it to yourself

## Good friends have...



kind



hands



kind



feet



kind



voices

## St John's Meads CE Primary School



## Friendship and Anti-Bullying Information For Children

*Loving learning and loving one another,  
as God loves us.*

## What is bullying?

Bullying is when someone hurts, frightens or upsets another person on purpose. This behaviour is repeated again and again.



**Emotional:** Hurting people's feelings, leaving you out.

**Physical:** Punching, kicking, spitting hitting, pushing.

**Verbal:** Being teased, name calling.

**Cyber:** saying unkind things by text, e-mail and online.

**Discriminatory:** bullying someone because of the colour of their skin, their faith, where they are from, what language they speak, who they love or their disability.

## When is it bullying?

**S**everal  
**T**imes  
**O**n  
**P**urpose



**We promise to always treat bullying seriously.**

## When is it NOT bullying?

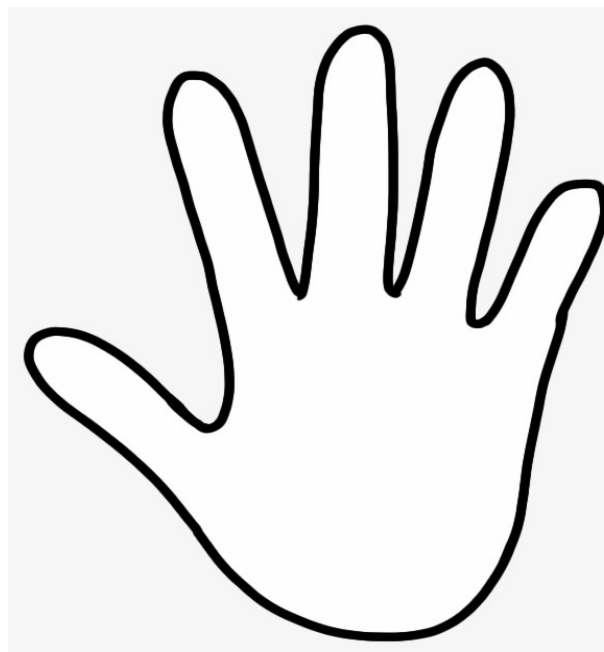
When children:

- want to play with the same equipment and aren't sharing.
- want to play different games and can't decide.
- fall out.
- say or do something unkind or rude

**These incidents are a great opportunity for Peer or Supported Mediation.**

## Who can I tell?

A friend                      Peer Mediators  
Play Leaders                Parents/Carers  
Teachers                      Prefects  
Lunchtime Staff  
CHILDLINE 0800 11 11  
**One of your five trusted adults**



**MOST IMPORTANTLY...**

If you are being bullied, or see bullying

**Start Telling Other People**