

How can I make GOOD friends?

Don't play with people who hurt others or make them sad

Choose friends who are kind, who share and who listen to your

Be kind, share and listen to them too

If your friends are sad, look after them and try to help them

If you know someone is being bullied, get help, tell an adult.

F - is for faithful, they are loyal to the end

R - is for reliable, they are true and don't pretend

I - is for interest in sharing thoughts with you

E - is for enjoyment whatever you might do

N - is for neighbourly, they are kind in every way

D - is for dependable on every single day

S - is for that special friend you know is always there

The one who makes you happy and you know will always care.



Don't let bullying get to you.

Never support it.

Don't be shy—stand up,
speak out.

www.childline.org.uk

0800 1111

www.bullying.org

www.bullying.co.uk

www.nspcc.org.uk



St Paul's Catholic Primary School and Nursery

(compiled by our School Council)

Working together to combat bullying.
We will not tolerate any form of bullying
and believe that you have the right to learn
and work in an environment that is safe and
free from bullying.

**DON'T SUFFER IN
SILENCE!**

Be A Buddy not a Bully.



What is bullying?

Bullying is where you are:

- ❖ Teased
- ❖ Called names
- ❖ Given mean looks
- ❖ Left out on purpose
- ❖ Physically hurt (hitting or kicking)

Bullying is:

Several

Times

On

Purpose

Bullying is **not**:

- ❖ A one-off argument
- ❖ A friend sometimes being nasty
- ❖ When a friend does not let you decide on the game to play or does not take turns as you think they should.

Signs of being Bullied

- ❖ Not joining in with play
- ❖ Not wanting to come to school
- ❖ Not wanting to interact with children and adults
 - ❖ Sitting alone at lunch
- ❖ Not wanting to work with anyone
 - ❖ Hiding because of bullying
 - ❖ Quieter than usual
- ❖ Not wanting to go anywhere on their own

What Actions Should You Take If You Think You Are Being Bullied?

Tell the person that you don't like what they are doing and that you want them to stop.

If the behaviour continues tell an adult.

If you do not want to tell someone in person, write your problem and name down and place it in the Worry Monsters in the library.

Talk to someone who will understand for example a friend, older brother or sister, school buddy or School Council member.



What is cyber bullying?

Cyber bullying is bullying online. It can be done on a lot of online games with chat, Instagram, Twitter, Facebook, YouTube and many more sites. Check with an adult at home as you may not be old enough to use some of these sites

Useful website



What to do if you know someone is being bullied

Don't ignore it.

Help the victim by being kind and insisting the bully stops.

Seek the help of an adult.

Ensure that you include people in your own games especially if they look alone or left out.

Always allow people to play with you.