

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 you
- ★ Be kind, share and listen to them too
- ★ If your friends are sad, look after them and try to help them

What to do if I see bullying?

→ Don't ignore it

- Help the victim by being kind and comforting
- Help the victim by insisting the bully stops
 - Seek the help of a trusted adult
- Make sure you include people in your games especially if they look alone or left out
 - Always allow people to play with you



Bullying Happens...

Several

Times

On

Purpose

What to do...

Start

Telling

Other

People

www.childline.org.uk

0800 1111

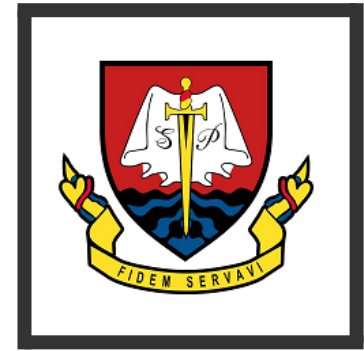
www.stopbullying.gov/kids

www.kidscape.org.uk

www.nspcc.org.uk

St. Paul's Principles

<p>Positive</p> <p>P We are positive role models showing kind hands, feet and words.</p>	
<p>Ambitious</p> <p>A We try our best in our learning and keep going even when things are tricky.</p>	
<p>Understanding</p> <p>U We are patient and understanding of others, we love them with a kind and gentle heart.</p>	
<p>Leader</p> <p>L We lead others in making good choices. As good leaders we also follow instructions.</p>	
<p>Supportive</p> <p>S We support our community; in class, in school, in church and in the wider community.</p>	



St. Paul's Catholic Primary School and Nursery



Anti-Bullying Leaflet

Compiled by St. Paul's Guardians

CST: Solidarity

What is Bullying?

BULLYING IS WHEN SOMEONE HURTS YOU...



SEVERAL TIMES ON PURPOSE

Bullying is where you are:



Signs of being Bullied



- Quieter than usual
- Look sadder, perhaps alone a lot
- Hiding from others (not a game)
 - Not joining in with play
 - Not wanting to come to school
- Not wanting to work with or talk to anyone
- Not wanting to go anywhere on their own

STOP BULLYING!



What if you are being bullied?



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

If they don't stop, tell an adult.

Or you can write your problem and your name down and put it in the **Worry Monsters** in the library.



Talk to someone who will understand.

A friend, older brother or sister, school buddy or a *St. Paul's Guardian*.

IF YOU'RE BEING BULLIED

- 1 Tell someone you trust
- 2 Keep a record of what's happening
- 3 Don't retaliate
- 4 Surround yourself with people that make you feel good
- 5 Don't blame yourself - it is NOT your fault
- 6 Be proud of who you are

What is NOT Bullying?

- A one-off argument
- A friend sometimes being nasty
- When a friend does not let you pick the game
- When a friend does not take turns as you think they should

What is Cyber Bullying?



Cyber bullying is bullying online.

It can be done on a lot of online games with chat, Instagram, Facebook, YouTube and many more sites.

Check with an adult as you may not be old enough to use some of these sites.

Useful site to learn about being safe online



IF YOU'RE BEING BULLIED ONLINE

- 1 Don't retaliate. (Often that's what they want!)
- 2 Save the evidence. (Screenshot, save messages.)
- 3 Tell someone what's happening.
- 4 Report, block, mute, get rid!
- 5 Remember the problem is with them, not you.

