

Anti-Bullying Week

What is bullying?

Bullying is when someone is being hurt either by words or actions on purpose and usually happens more than once and includes but not limited to name calling, threats, black mail and spreading rumours

Tips to help reduce bullying

- Walk away
- Don't talk to people in a way you wouldn't like to be talked to
- Don't be a bystander
- Stay safe online
- Stay away from places where bullying happens
- Choose friends wisely



What can you do if you or someone else is being bullied?

- Tell your parent, friend or teacher as soon as possible
- Don't fight back
- Call childline on 0800 1111 if you don't feel like you can talk to anyone else

Remember!

- You are not to blame!
- Do not change yourself because of the bullies!
- Never go through it in silence!



Choose kindness!

We have attached a little video for you to watch when your feeling down or need some encouragement and a little activity to help you understand bullying!

<https://youtu.be/9W4f-j8eakk>

<https://wordwall.net/resource/46837/pshe/anti-bullying-matching-game>