

ANTI-BULLYING WEEK

Say no to BULLYING



What do you think a bully does?

How do you think a bully acts?

Which of the following examples do you think is likely to be how a bully will act towards other people.



Hitting someone.

Giving somebody a sweet.

Calling other people names.

Telling tales on other people.

Being racist.

Helping someone with their work.

Teasing someone.



Bullies are nasty people.

They deliberately pick on other children because they know they will become upset.

They upset others by behaving in a threatening way.

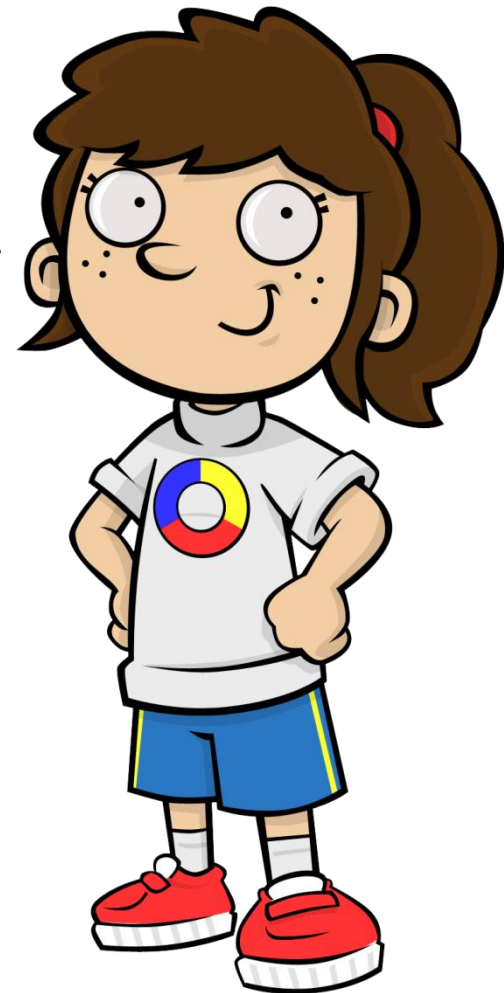
Bullying isn't just physical, it can also be a kind of intimidation.



Why do people bully?

Bullies use bullying behaviour because they think that they can frighten other people.

Bullies are often cowardly as they pick on children who are younger and smaller than themselves.



Bullies might think that they are impressing other children because they get people to do unpleasant things.

An example may be that someone may ask you to go and pull someone else's hair, they may ask you to pull a prank on someone else.



Bullying - What to look out for ...

People get bullied every day.

Can you imagine someone kicking you or teasing you every day for the rest of your life?

How does that make you feel?



If someone is often upset then this could be a sign that they are getting bullied.

You may see things in the playground, or around the class room that may look like someone is being bullied.

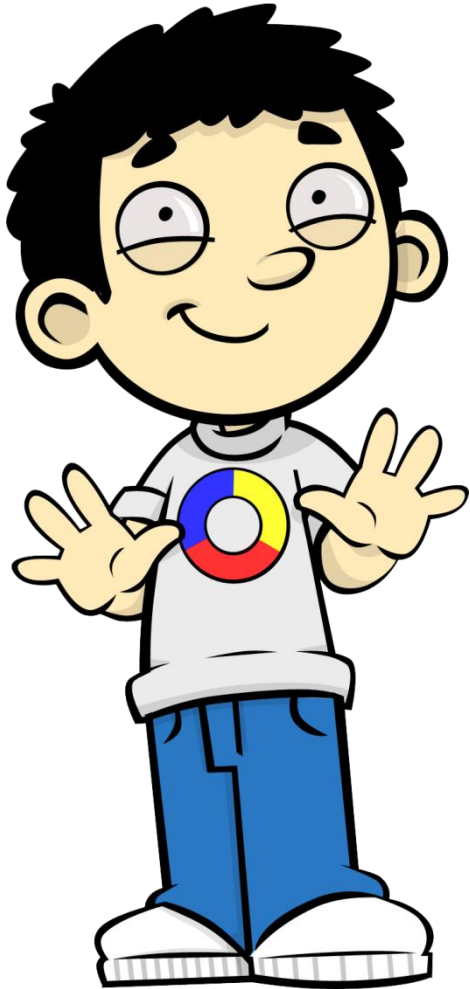
Do not just watch it happen.

Prevent it!

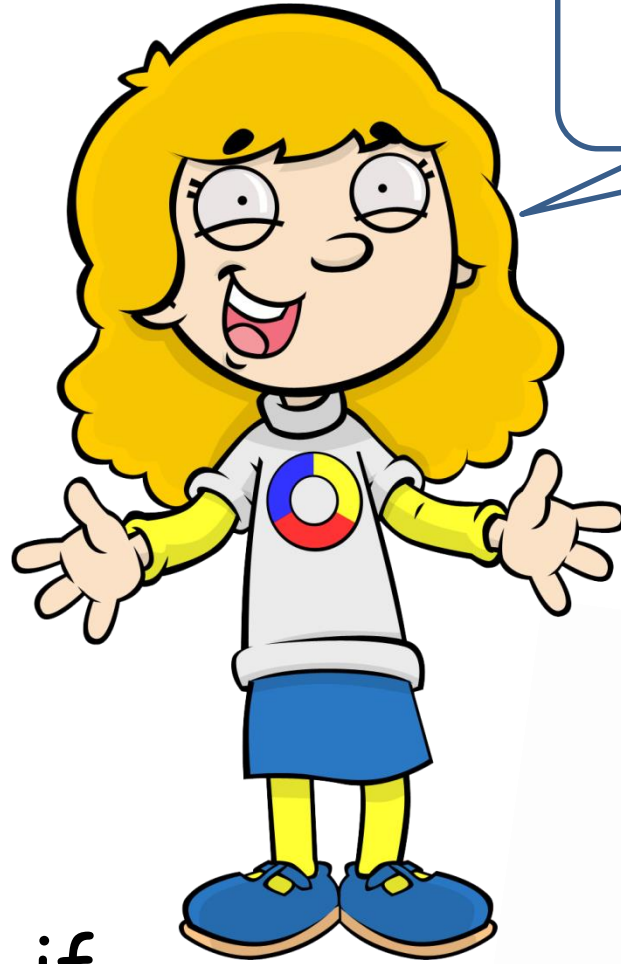


When someone is being bullied it is sometimes very hard for them to speak about it openly.

If you are being bullied it is important to know that you are not alone. There will always be someone to help you. **Speak out!**



Who can help you?



Here are some examples of people that you should speak to if you feel you are getting bullied.



Teachers

Friends

Parents

Grandparents

Brothers / sisters

A trusted adult



Sometimes we can get into difficulties and trouble if people ask us to do something we know is wrong and we make the wrong choice.

It is important to keep safe and out of trouble. If someone asks you to do something unpleasant to someone think about what might happen.

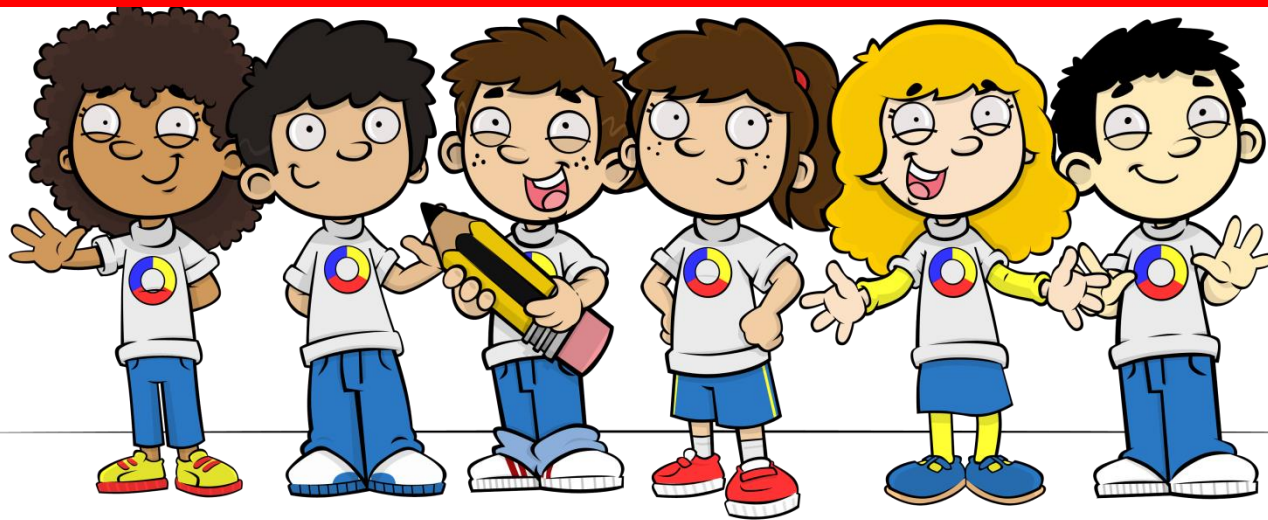
NO

NO

NO

NO

NO



Sometimes it hard to say "No!" to someone.

In order to get your point across
and say "No!" you should use
positive body language so that
people can see that you mean it.

Stand up tall, keep your head up
and make eye contact so people can
understand you mean what you say.



Learning when to say
"No!" is something that
is really important.

Can you think of any
times when you may
need to say "No!" to
someone?



During an art lesson, your friend comes up to you and asks you to go and pour paint all over someone else's work.



What should you do?

Your friends start being unkind about someone behind their back?

What should you do?



We could say something...

Perhaps, "Don't let's gossip. It makes me feel awful."

What else
could you do?



You hear someone making a racist remark.

What could you do?



We should say something...

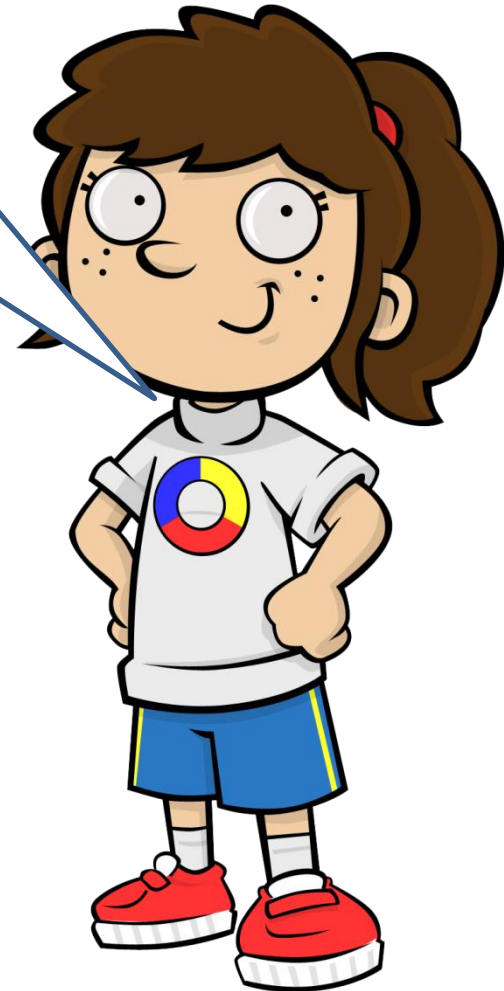
Perhaps,

*"I don't think it's right to make racist remarks.
I don't think we should do it."*

What else
could you do?



What should you do if you see someone being bullied?



"If good people do nothing, the bad people win."

Remember if you are getting bullied, you are **NOT** alone.



There are many people around you that can help you.
Do not suffer by yourself.

Remember school has a zero tolerance towards bullies and we all work together to try and make sure everyone is respected and safe from bullying.

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