



If you are bullied: -

You could: -

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.

DON'T: -

- Do what they say.
- Get angry or look upset.
- Hit them or retaliate.
- Think it's your fault.
- Hide it.
- Stay silent.

**ALWAYS
TELL
SOMEONE!**

CARE and KINDNESS

Being a good friend:

What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.
- Tell an adult if someone has told you that they are being bullied.

**We are a TELLING school
TELL SOMEONE
STAND UP AND SPEAK OUT!**

At High Down all staff, the
Governors and the children will
work together to: -

- Make our schools a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

High Down Schools



My Friendship and Anti- Bullying Guide

Name: _____



We say YES to Friendship and NO to Bullying

What is Bullying?

In our schools a bully is someone who hurts someone several times, by using behaviour which is meant to hurt, frighten or upset another person.

Cyber Emotional
BULLYING
Verbal
Physical Racist

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

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

Verbal: Being teased, name-calling, gossiping, and spreading untruths, constantly being rude.

Racist: Calling you racist names.

Cyber: Unkind things by text, e-mail and social networking. Remember to tell and show an adult.

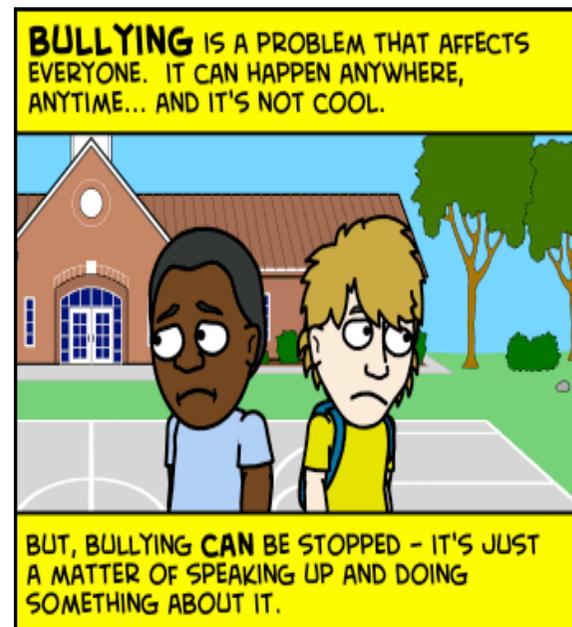
Is it a friendship problem or is it bullying?

Friendship problems	Bullying
Equal power - fairness	Imbalance of power
Happens occasionally	Repeated again and again
Accidental or Deliberate	Deliberate
Really sorry	Not sorry
Friends try to solve problems	No effort to solve problem

Several
Times
On
Purpose

Who can I tell?

If you are having friendship problems or being bullied you must tell friends, family or any grown up that works in school. We will listen and help.



MOST IMPORTANTLY: -

Start **T**elling **O**ther
People!