



**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.

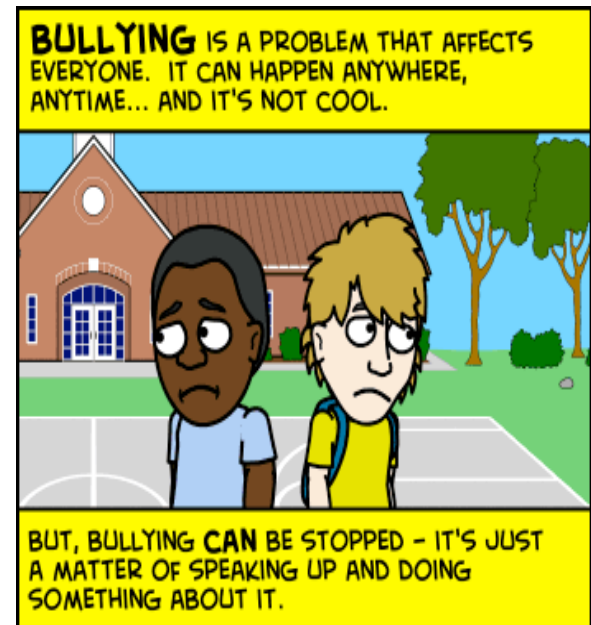
### Is it a friendship problem or is it bullying?

Friendship problems	Bullying
Equal power - fairness	Imbalance of power
Happens occasionally	Repeated again and again
Accidental	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 Telling Other People!**