

# Anti-bullying Booklet



## Heatherley Primary School

September 2017

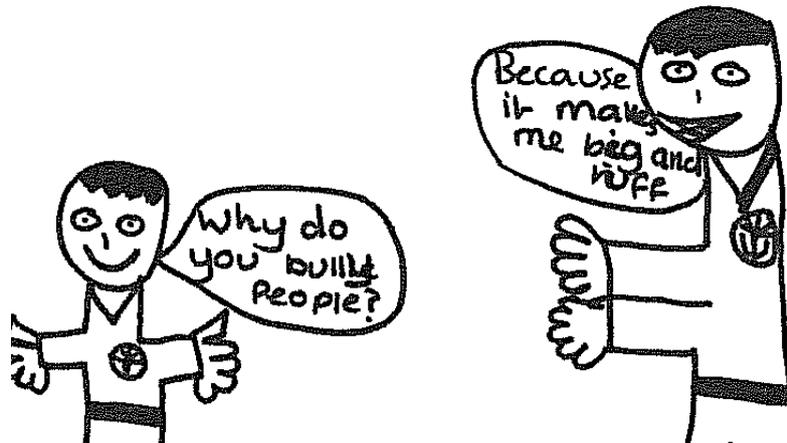
Anti-bullying Booklet for the children at Heatherley Primary School  
Designed and Written by the children.

## What is Bullying?



- Bullying is when bullies hurt you and they do it again and again
- Bullying is done on purpose
- Bullying can hurt your feelings
- Bullying can hurt you physically
- Bullying can be words that hurt

## Why might bullies bully people?



- Bullies might want to hurt you because they have their own problems
- Bullies might be feeling sad or lonely
- Bullies might want to hurt you for fun or to make them look good
- Bullies might want to get people to notice them
- Bullies might bully because they are jealous
- Bullies might bully the little ones because they are bigger than them
- Bullies might bully because they think they are a lot better at things than others
- Bullies might bully because they might have been bullied themselves
- Bullies might bully you because you look different, for example your hair colour, your skin colour, the clothes you wear, your religion

## What might bullies do?



- Bullies might threaten and scare you
- Bullies might steal or snatch things from you
- Bullies might tease you or call you names
- Bullies might hurt you constantly and don't leave you alone
- Bullies might purposely embarrass you
- Bullies might break your things
- Bullies might turn your friends against you
- Bullies might say nasty things online

## Where might it happen?



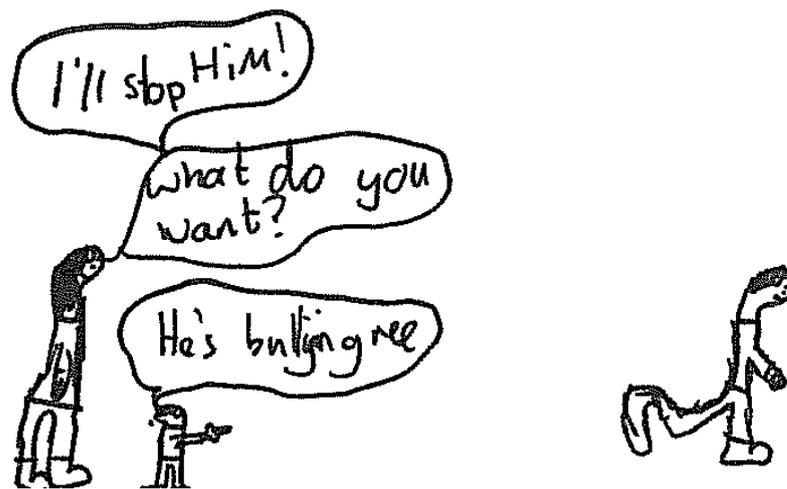
- Bullies are sneaky and cowards and do things when no one is around
- It might happen in the playground and the field
- It might happen on your way home from school
- It might happen in the dinner hall
- It might happen behind walls and quiet places where no one can see you
- It might happen in the classroom when the teacher isn't looking

## Where might bullies hide?



- They might hide in lonely places where the teacher can't see them
- They might go in groups of people
- They might hang around the playground
- Bullies might post nasty messages online without you knowing who they are from
- Bullies might send text messages with nasty messages, this is still bullying. It is called cyber-bullying.

## What can I do if I'm being bullied?



- I can ignore them and walk away
- I can tell a friend, a councillor, a teacher or a dinner lady
- I can speak to the bully and ask them "Why are you bullying me?"
- I can tell them I am going to tell the teacher or someone else and see what they do
- I can write a note and give it to an adult
- I can remember to be web SMART
- I can show an adult any nasty text messages

If you are feeling brave you could speak to the bully  
and.....



- Tell them you don't like it and ask them to stop
- Ask them why they are bullying you
- Tell them you will tell an adult

## What can I do if my friend is being bullied?



- I can tell a councillor
- I can go with them to tell a teacher or a grown up
- I can stand up to the bullies and confront them if I am confident
- I can tell Mum and Dad and ask them for advice
- I can talk to the bully and tell them to stop
- I can look after my friends and make sure they are safe

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How can my teacher help?



- My teacher can give me advice
- My teacher can help by telling the bully to stop
- My teacher can make sure bullies stay away from the people they are hurting
- My teacher can watch what the bully is doing in class and outside
- My teacher can talk to my parents to ask for their help

- My teacher can make bullies miss a class treat or playtime
- Tell the bully's parents

### How can my friends help?



- My friends can help by sticking up for me and making me feel safe and brave
- My friends can help by asking for help from teachers, parents or a dinner lady
- My friends can help by playing with me away from the bullies
- My friends can help by watching out for me

## How can my parents help?



- My parents can tell the teacher about what is happening with bullying in school
- My parents can tell the teacher to keep an eye on the bully and have a word with them
- My parents can give advice
- My parents can tell the bully's parents and discuss the problem with the grown ups
- My parents can support me and help me feel confident to sort out my own problems in a calm way

- My parents can give me a cuddle and look after me

**We would like to thank the following people for their help with making this booklet.....**

- All Heatherley pupils for their work during Anti-Bullying week which gave us your original ideas
- The School Councillors for their school assemblies and Anti-Bullying display
- Illustrators who provided the drawings to match the pages
- Key Stage Two Councillors, deputies and volunteer helpers who worked at discussing and drafting the booklet during many lunchtimes
- The whole school and councillors for reviewing and updating this booklet

