

What to do if you are being bullied

1. Tell the bully to stop.
2. If they don't stop bullying you, walk off and tell an adult that you know.
3. The adults will sort the problem out and fix things.
4. If the bullying still doesn't stop then the teachers will speak to the bully and their parents to get things sorted.

How do we prevent bullying at Broadhembury C of E Primary School?

We prevent bullying by putting up posters around the school saying, 'Be nice and friendly to everyone in the school'. We also talk about bullying in worship and PSHE (personal, social, health education). It helps us to be friendly with one another. We also try to uphold our school values: creativity, peace, trust, forgiveness, hope, courage, justice, compassion, thankfulness, humility, friendship, respect and reverence, generosity, wisdom, service, perseverance and responsibility.

This helps us to know that bullying is bad and it hurts other people. Other people get very sad when they are bullied. If you see any bullying you must stand up and speak out to an adult straight away.

How we beat bullies at Broadhembury C of E Primary School



*Romans 12:17
Never pay back evil for evil to anyone. Respect what is right in the sight of all men.*

This booklet has been produced by the pupils of Class Two as part of their work on Anti-Bullying 2017

Types of bullying

What is Bullying?

In Class Two we have talked about what bullying is. We have decided that bullying can be spotted by the following things:

- Something done on purpose
- Repeated unkindness
- Making people not feel good about themselves.

Some examples of bullying are:

- Kicking someone and hurting them everyday
- Saying rude words at people
- Taking or moving people's things without permission so that they are sad.

Bullying is not:

- Falling out with your friends
- Something that happens only once
- An accident.

Bullying comes in different forms:

Emotional Bullying

Emotional bullying is when you feel angry or upset when people are doing unkind things all the time.

Cyber Bullying

Cyber bullying is when you get bullied online. This could be on a game like Roblox where you can chat to people.

Verbal Bullying

Verbal bullying is saying unkind things to people all of the time. Lying about people doing things and spreading rumours is also verbal bullying.

Physical Bullying

Physical bullying is hurting someone on purpose. If you kick people in football and pretend it is an accident or hit someone really hard all the time then it is bullying.

Who can help?

People you can talk to if you think you are being bullied are:

- A friend
- A parent
- A teacher
- Any other adult you trust.

You must tell them what is happening in as much detail as you can and it must be happening all of the time.

No one should be bullied and we pray that all those who are being bullied get justice.

Proverbs 17:14

The beginning of strife is like letting out water, So abandon the quarrel before it breaks out.