

STOP

**-SEVERAL
-TIMES
-ON
-PURPOSE**



**-START
-TELLING
-OTHER
-PEOPLE**

Bullying can happen at school, outside school and online

What Is Bullying?

Bullying is when:

- Someone keeps being unkind on purpose
- It happens again and again
- And the person being unkind has more power



Bullying Can Look Like:

- **Physical:** hitting, kicking, pushing
- **Verbal:** name-calling, teasing, mean words
- **Emotional:** leaving someone out, spreading rumours
- **Online:** unkind messages, sharing pictures without permission
- **Prejudice-based:** being unkind about someone's race, religion, disability, gender or identity
- **Ableist bullying:** being unkind to someone because of a disability

Bullying is not:

- A one-off argument
- Accidentally hurting someone
- A disagreement
- Friends having a bad day

Adults can help you sort these things out



Anti-Bullying at Drake Primary and Little Ducklings



Everyone has the right to feel safe, happy and respected

What To Do If You're Worried

You can talk to:

Your teacher

Your TA

Any trusted adult

Friends or buddies

Write a note for the
class worry box



If you feel unsafe, sad or unsure, tell someone

Your Rights



Every child has the right to:

Feel safe

Feel happy

Feel respected

Be included

Get help when needed



No one deserves to be bullied. Ever.



Your Responsibility

Every child can help make school safe and happy by:

- Being kind
- Including others
- Helping people feel safe
- Speaking up if something's not okay
- Treating others with respect, online and offline

What Happens When You Tell Us

Adults will:

- Listen carefully
- Find out what happened
- Keep everyone safe
- Talk to parents if needed
- Help everyone involved
- Check things are better

