

heatherley primary school



anti-bullying booklet

Written and designed by
the children of our school.

2020



what is bullying?



Bullying is something hurting you consistently.

Bullying is where someone does mean things to you again and again.

Bullying is where you are harmed or hurt repeatedly by someone.

Bullying is when you are verbally or physically hurt by the same person.

Bullying is where one person, or multiple people, repeatedly hurt you (in person or online).

Bullying is where someone continuously does horrible things to you.

what does bullying look like?



Bullies may say mean things to you, to try and make you feel sad.

Bullies might break something you love.

Bullies might share nasty words or photos about you online.

Bullies could hurt your feelings or hurt you physically.

Bullies may tease you or make fun of you.

Bullies may make you feel ashamed or embarrassed about yourself.

what is verbal bullying?



This is when someone uses words to hurt you.

It is when a bully says mean things to you, and they can make you feel insecure.

When someone harms you emotionally with their words.

A situation where someone uses offensive words or spreads hurtful rumours about you.

When someone keeps calling you nasty names every day and don't stop.

It is when you hurt somebody with your words or by laughing.

what is physical bullying?



This type of bullying involves kicking, punching or hitting people.

Physical bullying is where a bully might use their body to hurt you, e.g. bite, hit or punch

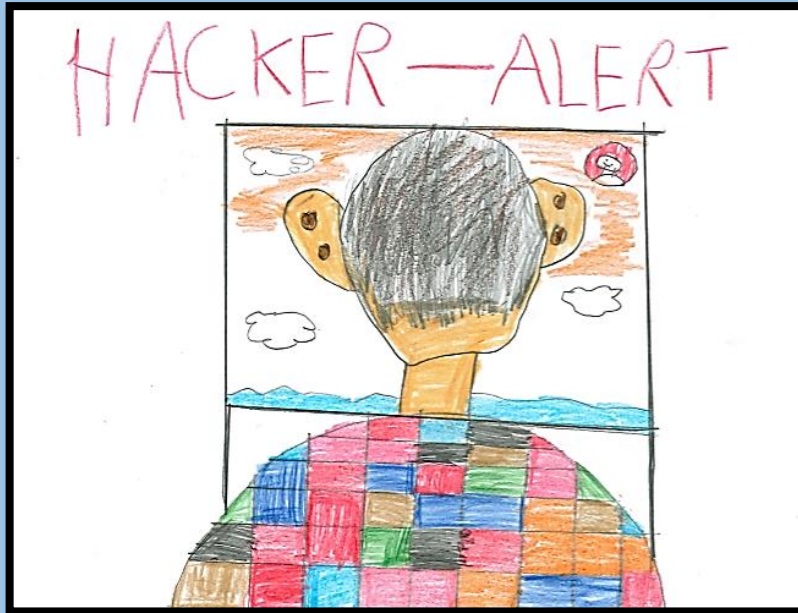
Where someone hurts your body.

To hit or hurt somebody.

Physical bullying is using strength to show power over the victim.

Hurting someone with force.

what is cyberbullying?



Bullying that happens online. This is things like: mean text, edited photos or hacking.

Cyberbullying is when someone bullies you over the internet.

Cyberbullying is when you are made fun of online, either in a game or in messages.

To have nasty comments made about you online.

It happens on messenger or social media. It can be people name calling or saying nasty things.

Cyberbullying is online and can be performed by sending messages, on social media apps or on public games.

where might bullying happen?



It might happen on
the school ground.

In crowds of
people.

Bullying can happen a
lot of the time in
school, or online. It
can depend on what
type of bullying it
is.

It might happen
online, in school
or out of school.

It could happen
anywhere, so be
prepared.

In school or on
the way home.

why might bullies hurt people?



A bully could do this to you because they are stressed, hurt or dealing with problems.

They might think it's funny.

A bully might want to prove they're tough.

They could be sad or lonely.

Bullies might hurt people because they are sorrowful, or they have been bullied themselves.

They might have something going on in their lives that no one else knows about.

why might bullies hide?



A bully may hide to avoid trouble with teachers.

A bully may hide in places where people can't stand up to them.

A bully may hide to not be confronted by others.

A bully may feel safer in a crowded place.

They might hide so they don't get caught and punished.

They might think it's easier to bully if they go unnoticed.

what can i do if i'm being bullied?



Tell an adult.

Tell an adult,
tell a midday
supervisor, tell
who looks after
you at home.

Walk away, and
avoid the bully as
much as you can.

I could talk to
the bully, and ask
them why.

I can tell a trusted
adult what happened,
and they can give me
reasonable advice.

Tell a teacher
what has happened,
and they can talk
to the bully.

what can i do if i'm being bullied online?



You can show an adult the messages.

Block them and tell your parents.

You can block the bully.

Report them online, save the screenshot of the bullying to show a trusted adult for evidence.

Change your settings to appear offline, so they cannot contact you.

Leave the group chat, party or go offline.

how can my teacher help?



My teacher can help by talking to the bully and give them a consequence.

They can find you other people to play with and keep an eye on you.

They can talk to your parents.

They can make sure the bully stays away from you.

They could help you and give you advice.

They can talk to the bully and find out why they are hurting you.

how can my parents/carers help?



They can tell the teacher what's happening in school.

They can tell a teacher to keep an eye on you and the bully.

They can comfort you and tell you to stay away.

They could talk to you about bullies, and why they might be giving you a hard time.

They can try to figure out what's happened, and who exactly is the wrongdoer.

They can give you advice.

how can my friends help?



They can play with
you away from the
bully.

My friend can help by
telling a teacher,
parent or responsible
adult.

They can tell a
teacher.

My friends can be
encouraging and try
not to let me stay
down.

My friends can help by
giving me advice to
deal with the
situation.

They can comfort you.

What can I do if my friend is being bullied?



You can tell a trusted adult.

Try to be there for your friends, but don't get involved and make things worse.

Talk to a teacher and give your friend advice.

You could give them advice and help them deal with the situation.

Cheer your friend up if they are feeling upset.

Tell a teacher for your friend, who might be too scared.