

# Kingsmills PS Anti Bullying

## Advice for KS1 Pupils

A bully can make you feel:

- Sad
- Worried
- Scared

A bully is someone who might:

- Call you names
- Hit or push you
- Take things from you
- Leave you out of games

If you are being bullied, you should:

- Tell an adult- your mum or dad, your teacher, teaching assistants, playground assistants or any other adult in school.
- Tell a friend or a peer
- Talk about it in circle time/PDMU
- Don't fight back

**Remember- it is important to tell someone**

If you are bullying someone:

- You are making other children feel scared and upset.
- You might be upset or angry about something and taking it out on other children
- You could talk to someone about what you are doing and how you feel
- You could end up in a lot of trouble if you keep doing it.

Useful contacts:

**Childline: 0800 1111 (free) [www.childline.org.uk](http://www.childline.org.uk)**

**Bullying UK 0808 800 2222**

**[www.bullying.co.uk](http://www.bullying.co.uk)**

**Kidscape 0207 730 3300 [www.kidscape.org.uk](http://www.kidscape.org.uk)**