

Kingsmills PS Anti Bullying Advice **for KS2 Pupils**

What is bullying?

Bullying happens when someone is made to feel sad, upset and frightened, deliberately many times by someone else over and over again.

These are some of the ways in which children have described bullying:

- Being teased or called names
- Being hit, pushed or kicked
- Having money or other things taken from them
- Being ignored or left out
- Being picked on because of their religion, skin colour or where they come from
- Being bullied over the internet, (cyberbullying)

If you see someone being bullied:

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they need to talk to someone. They may want you, to help them, to talk about it with an adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to? Adults need to know what is going on.
- Ask a Playground Buddy for help.

If you are showing bullying behaviours:

- You can stop people feeling scared and upset, if you stop showing bullying behaviours towards them.
- Sometimes people who show bullying behaviours, are unhappy about something in their own lives. Maybe they are angry about something and

take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.

- Bullying behaviours, can become habits that are hard to break. Even if it seems hard to stop, you can change what you are doing. Talk to an adult about how you feel.
- If you keep on showing bullying behaviours, you could get into a lot of trouble.

Useful contacts:

Childline: 0800 1111 (free) www.childline.org.uk

Bullying UK 0808 800 2222 www.bullying.co.uk

Kidscape 0207 7 30 3300 www.kidscape.org.uk 1593