

How can I make GOOD friends?

- Don't play with people who hurt others or make them sad.
- Choose friends who are kind, who share, and who listen to you.
- Be kind, share and listen to them too.
- If your friends are sad, look after them and try to help them.
- If you know someone is being bullied, get help, tell an adult.

F is for faithful; they're loyal to the end.

R is for reliable; they're true and don't pretend.

I is for the interest in sharing thoughts with you.

E is for enjoyment whatever you might do.

N is for neighbourly; they're kind in every way.

D is for dependable on every single day.

S is for that special friend you know is always there,

The one who makes you happy and you know will always care.



Stapleford Community Primary School

Anti-bullying Information Leaflet for pupils



**Working together to combat
bullying.**

Stapleford Community Primary School will not tolerate any form of bullying. This school believes that you have the right to learn and work in an environment where you feel safe and that is free from bullying.



What is bullying?

Bullying is when someone makes you unhappy by being nasty on purpose. They might bully you at school, in the street, at clubs and activities or on the internet. If you are being bullied or know someone who is, this leaflet will help you.

Our school council has defined bullying as:

'Bullying is something that happens more than once. Bullying is picking on people weaker than yourself. It is hurting people's feelings physically or mentally.'

It's bullying if:

- someone always thinks it is funny to make you sad or angry.
- they won't stop when you ask them to.
- they often say unkind things about you
- they take your friends away from you and leave you all alone.
- They kick you, punch you or hurt you on purpose.

Why do bullies do it?

- They may be jealous of you
- They may be scared nobody likes them
- They may feel bad inside and want you to feel bad too.
- They may be bullied at home and think it is OK to bully you.
- They may bully people so no one will bully them.

It isn't your fault!

Bullies will find any excuse or difference to try and bully you. They will say unkind and often untrue things to make you feel bad, or try to make you feel like it is your fault. You should never change yourself for a bully as they will find another excuse to bully you. Remember it is good to be different, if we were all the same the world would be a very boring place.

What should you do?

TELL!

To stop bullying you need to tell someone:

- Mum
- Dad
- Your teacher
- Any grown up—we will listen and do something to help!
- You could tell a friend and ask them to help you tell an adult.
- If you see someone else being bullied you also have a responsibility to help by telling someone.

What else could you do?

- Stand up straight and look them in the eyes and walk away without saying a word. This might make the bully/bullies stop because they are bored when you don't react.

If the bully continues to bother you

- Stand up straight, take a deep breath and say 'No!' very loudly or 'Go away', 'Leave me alone' or 'Stop bullying me!'
- But remember to TELL!



What if I bully someone?

- Think Hard!
- Nobody really wants to be friends with a bully.
- People are nice to bullies because they are scared of them, NOT because they like them.
- Think how sad the person you have bullied is feeling.
- Think how nice it is to have friends who really like you.
- Tell your teacher, your mum or dad that you want to stop being a bully and ask for their help.