

Anti-Bullying Poem

Compassion, kindness, empathy,
All of these sound good to me,
Compassion, kindness, empathy,
Try them out, they work, you'll see.

Step one:

Don't spoil all their fun,
Just run around, play in the sun.

Step two:

Think before you do;
Would they ever be mean to you?

Step three:

Let's work together, soon you'll see,
It's much better than being lonely.

But don't just stop yourself, help others too,
Only one can stop bullies, and that one is YOU!
Why are they mean, week in, week out?
Why do they scream, and hit, and shout?
Why are they mean everyday?
Maybe they think it's the only way,
To show themselves, maybe at home
They don't get along, they feel all alone.
Can you help them? Tell me, how?
We can stop bullying, we can do it NOW!
Compassion, kindness, empathy,
Try them out, they work you'll see...

By Eva Lenoel

What is cyber-bullying?

Cyber bullying happens online through texts, emails, instant messaging and in chat rooms.

- Cyber-bullying should always be reported.
- Cyber-bullying is illegal.
- Sharing messages or media of cyber-bullying is a form of cyber-bullying.
- You should always talk to a trusted adult if you feel you or a friend is being cyber-bullied.
- If a friend seems anxious, scared or worried when using technology, it may be because they are being cyber-bullied.

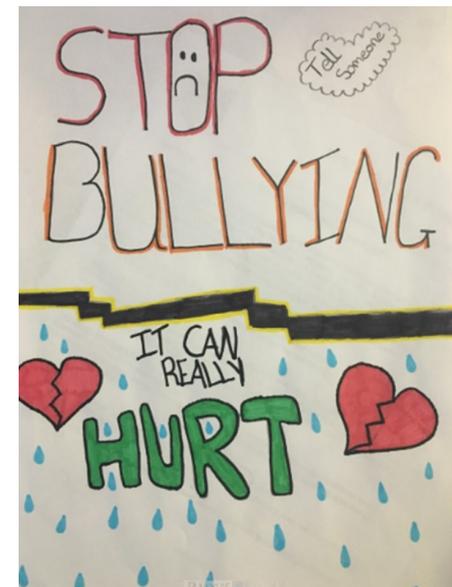
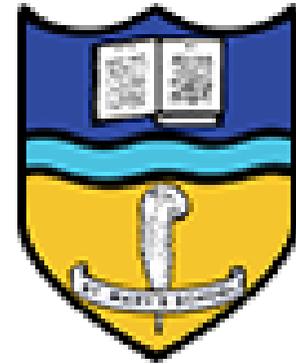


What do I do if I am being cyber-bullied?

- Save the message or take a screen shot.
- Tell a trusted adult (parent, carer or teacher).
- Talk to someone!

Anti -Bullying

Advice for KS2



School Council 2018

What is bullying?

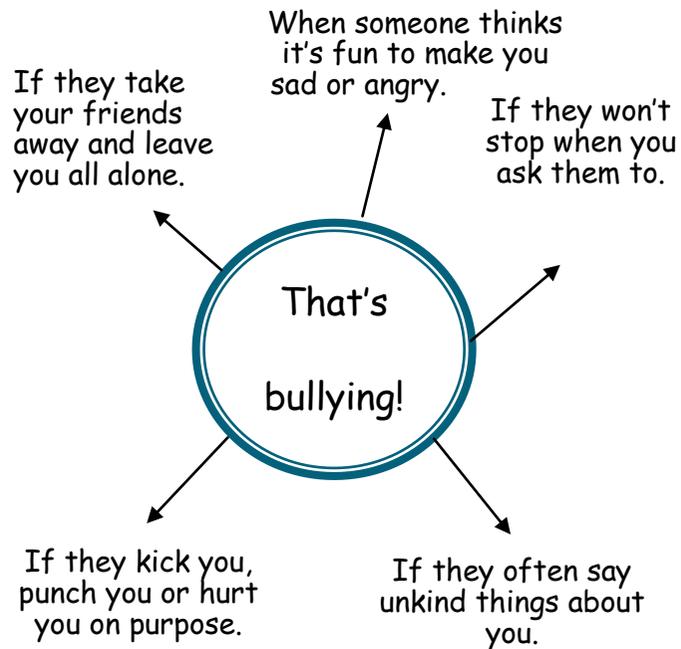
Bullying is when a person or group of people, upset or hurt you every week for a long period of time.

It can happen at school, at home and when you are out and about.

Rude: unintentional, hurtful, one-off

Mean: intentional, hurtful, one-off

Bullying: intentional, hurtful, happens more than once, even when you ask them to stop or show you're upset



STOP BULLYING
STAND UP. SPEAK OUT.

How can bullying make you feel?

- depressed
- unenthusiastic
- upset
- worthless
- angry
- alone
- sad
- weak



Why do people bully?

- The bullies may want attention.
- The bully is trying to be cool.
- They might have a bad influence in their life.
- Their home life may be difficult.
- They could be being bullied themselves.

What should I do if I think I'm being bullied?

- Stay calm.
- ↓
- Don't retaliate.
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- Tell someone; a friend, parent, a teacher or someone you trust for example a peer mediator.

At St. Mary's we are fortunate to have peer mediators available on the playground at lunch time.



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- Childline: 0800 1111 (free 24 hours) or www.childline.org.uk