

Treat People
how you want
to be
treated!

AIM HIGH

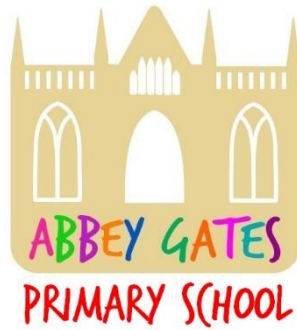


BE KIND

STOP

S - several
T - times
O - on
P - purpose

Who you can -
Trust
Start telling other
such as - teachers,
family, friends, Mrs
Quart-Epps, Lizzie
and a trusted
adult.



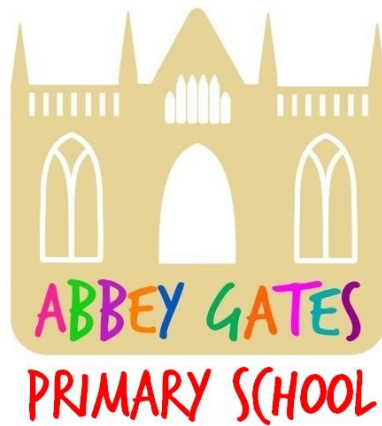
The 3 bees stand for:

Be kind to yourself

Be kind to each other

Be kind to the world

We use these to explore how to look after ourselves physically and mentally, how to form good and respectful relationships and how to look after the world from an environmental perspective.



AT ABBEY GATES
WE FOLLOW THE 5Cs
TO MAKE EVERYONE HAPPY!

COURTESY

COMPASSION

CONFIDENCE

CARE

CO-OPERATION



Rules



'Bee' kind to myself



'Bee' kind to others



'Bee' kind to the environment

What is bullying?

Bullying is the **repetitive**, **intentional** hurting of one person or group by another person or group, where the relationship involves an **imbalance of power**. It can happen **face to face or online**.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

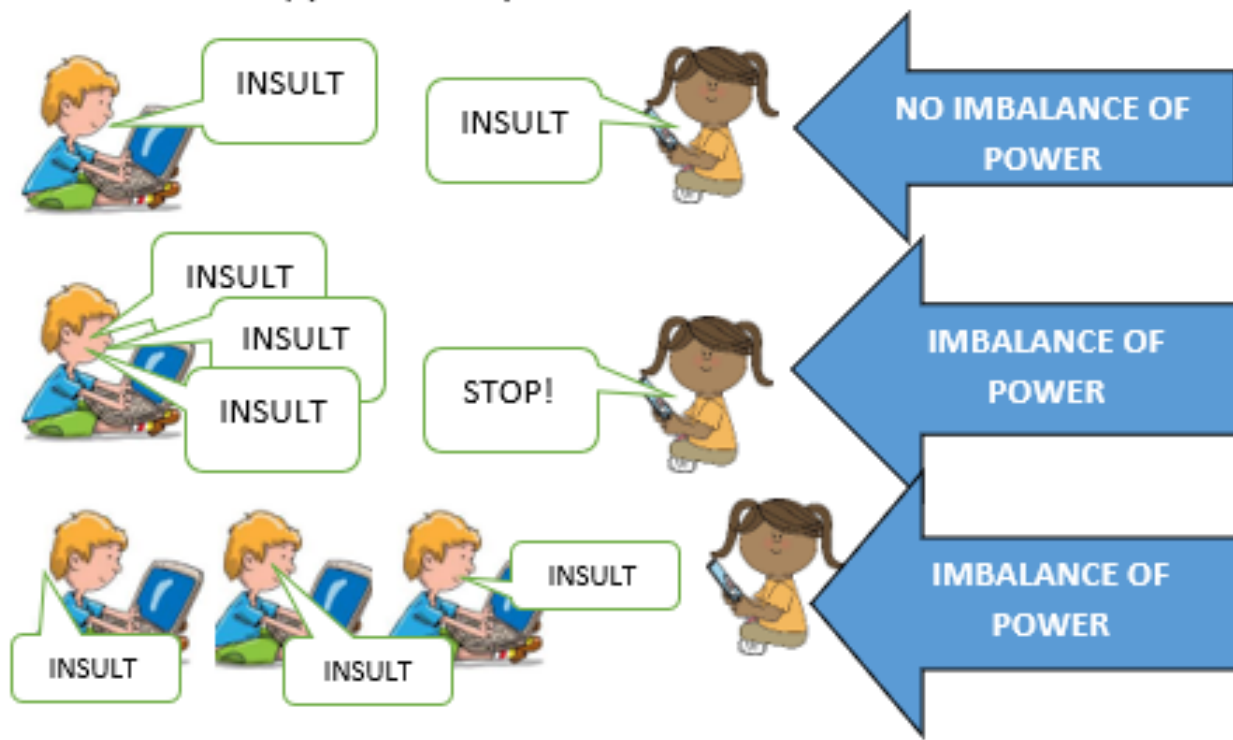
Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person sending another person to say nasty things.



What is an imbalance of power?



Protected Characteristics

We are all unique and special. Each person has a unique set of characteristics that make them different from everyone else.



We are a school that shows kindness and respect to everybody, valuing our similarities and differences. This is what makes the world such an exciting place!

What are the roles involved in bullying?

The roles involved in bullying

OUTSIDER



The **Outsider** ignores or doesn't see the bullying and doesn't want to get involved.

TARGET

The **Target** is the person at whom the bullying is aimed at.



RINGLEADER



The **Ringleader** initiates and leads the bullying.

REINFORCER

The **Reinforcer** supports the bullying, might laugh or encourage what's going on but doesn't 'do' it.



DEFENDER

The **Defender** stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to defend. They might talk to an adult in school.



ASSISTANT

The **Assistant** is actively involved in 'doing' the bullying. But does not lead it.



S T O P

Bullying!

When is it bullying?

- S** Several
- T** Times
- O** On
- P** Purpose

What should I do?

- S** Start
- T** Telling
- O** Other
- P** People

Words not to say..

"YOU'RE NOT MY FRIEND!"

"I DON'T WANT YOU TO PLAY WITH US!"

"I 'M GOING TO HAVE A PRIVATE CHAT."

"GO AWAY!"

"DON'T TALK TO ME AND MY BESTFRIEND!"

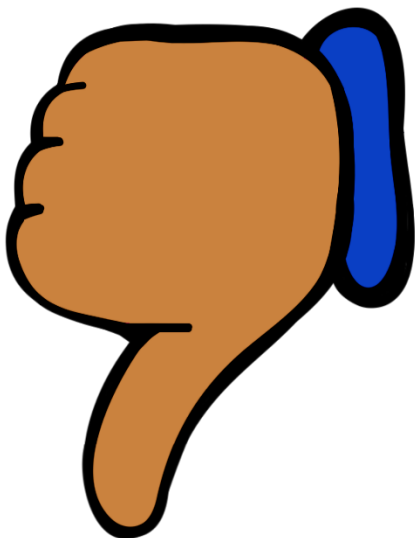
"YOU CAN'T COME NEAR ME!"

"DON'T TALK TO THEM!"

WHAT COULD YOU DO, IF YOU ARE BEING BULLIED...



- Tell somebody you trust
- Write a letter
- Be proud of who you are
- Surround yourself with people who make you feel good
- Find help or advice



- Don't keep it to yourself
- Don't blame yourself - it is not your fault
- Don't retaliate (hurt them back)

WHO CAN I TELL?

- Any teacher/teaching assistant
- Mrs Quant-Epps
- Lizzie
- A member of the play team
- Your parents
- Any adult you trust
- Brother or sister
- A friend
- A member of the Pupil Parliament

What should I do if I see somebody else being bullied?

- Encourage your friend to speak up straight away!
- Help them to tell an adult, or tell somebody yourself.
- Ask the bully to stop
- Don't keep it to yourself. Make sure you ask for help.
- Tell them it's not their fault.
- Be a good friend by playing with them at break and lunch times.



HELP AND ADVICE

Remember if you are being bullied
you are not alone.

Here are some phone numbers and
websites from which you can get
help and advice from:



AIM
HIGH
BE KIND

ANTI-BULLYING HANDBOOK

BE A BUDDY

BULLYING
STOPS
HERE

NOT A BULLY

