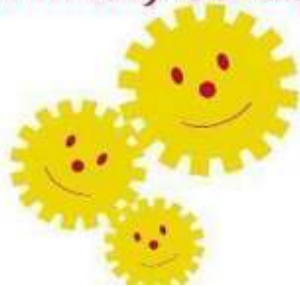


***We want  
our school  
to be a  
happy place,  
where everyone  
feels safe.***

**Chuckery  
Primary School**



**Written by School  
Council. May 2015.**

### **What to do if a friend is bullied.**

We must all do something!

- Tell a grown-up at school.
- Tell a parent.
- Make your friend feel better. Cheer them up.

### **What is bullying?**

Bullying is where someone picks on you, again and again. A bully might be one person, or a group of people.

It can make you feel very sad.

### **Types of bullying**

- Hitting, kicking or hurting someone.
- Name calling.
- Leaving someone out.
- Spreading lies.
- Breaking or stealing someone's things.
- Cyber bullying.
- Teasing because someone seems different to you.

### **How to tell if someone is being bullied.**

Children who are being bullied might:

- Look sad.
- Play on their own.
- Be very quiet or shy.
- Pretend to be sick so they don't have to come to school.
- Have bruises or scratches.
- Change the things they do to impress other people.

Children who are being bullied might NOT want to talk about it. Often, they pretend everything is okay.



### **What Chuckery school will do if you are being bullied.**

- Talk to the bully so they know how they have hurt someone. Discuss how they can change their behaviour.
- Listen to the person being bullied. Get their story.
- Offer support to the person being bullied.
- Inform parents.
- The bully may miss playtime or have other sanctions.
- Incidents may lead to exclusion.