

What is bullying?

Bullying is when someone is being rude or hurting you and it is happening repeatedly and it is happening on purpose.



What To Do If I'm Being Bullied?

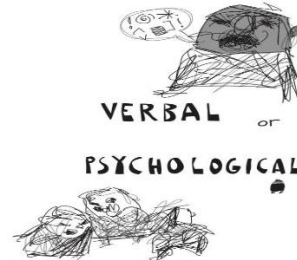
Contact Child-line on

0800 1111

(it's free to call)

Different types of bullying?

Verbal- when someone says something hurtful deliberately



Physical – when someone hurts you by kicking, pushing, punching and tripping you up



Try to bully through someone else

Cyber bullying- hurtful messages online or prank calling



Copthorne C.E Junior School



We believe everybody has the right to be treated the same with care and respect. We also believe that everyone has greatness in them.

THEY JUST HAVE TO FIND IT

WE BELIEVE THAT WE ALL HAVE THE RESPONSIBILITY TO MAKE COPTHORNE JUNIOR SCHOOL A BULLYING FREE ZONE.

THESE ARE OUR 5 C'S:
creativity, confidence,
compassion, courage and
curiosity.

These are the values we value.

Our ideas on how we can stop any bullying happening?

1. Cool down zone in the playground
2. Talk zone
3. Follow the great rules otherwise it is disrespectful
4. People who bully need a consequence. It is wrong
5. If you see an older child picking on a smaller child, tell a teacher.
6. Write your name and date in a book and the teacher will come and talk to you
7. Posters around the school

If You Are Being Bullied

DO :

- ✓ Tell a trusted adult
- ✓ Tell them to STOP, if you can.



If You Are Being Bullied

DON'T :

- ✗ Be rude back
- ✗ Think it's your fault
- ✗ Do what they say
- ✗ Keep it a secret
- ✗ Get angry

How to stop bullying

1. Tell an adult or grown up you can trust
2. Tell a family member or friend
3. Never keep it to yourself

If you want to help

You could help people that are getting picked on by talking to them and get an adult. People who get bullied need to be brave and do the right thing so stand up for bullies and stick with your friends and don't let them change your personality. We are all different and unique.

