

De Bohun's Anti Bullying Campaign



Advice for KS1 Pupils





A bully can make you feel:

- sad
- worried
- scared

A bully is someone who might:

- Call you names
- Hit or push you
- Take things from you
- Leave you out of games

If you are being bullied you should:

- Tell an adult- your mum or dad, your teacher, teaching assistants, playground leaders, or any adult at our school.
- Tell a friend or a peer mentor
- Talk about it at Circle Time
- Don't fight back

Remember- it is important to tell someone

If you are bullying someone:

- You are making other children feel scared and upset.
- You might be upset or angry about something and taking it out on other children
- You could talk to someone about what you are doing and how you feel
- You could end up in a lot of trouble if you keep doing it.

Useful contacts:

Childline: 0800 1111 (free)
www.childline.org.uk

Bullying UK 0808 800 2222
www.bullying.co.uk

Kidscape 0207 730 3300
www.kidscape.org.uk

