

What to do if you are being bullied out of school

Tell your parents.

Tell someone in your family.

Walk away.

Tell an adult who can help.

Don't keep it to yourself.



Childline is a free number that is open all day, everyday. Give them a call if you find it difficult to talk to anyone at home or school.

Don't bully

It's not right



It's horrible!

Written by

School Council members November 2023

Anti-Bullying Guide for Children



Produced by Two Rivers School Council



What is Bullying?



Being unkind.

When someone picks on someone all the time.

When someone hurts someone else.

When you make someone feel sad all the time.

Calling names or saying mean things.

What to do if you are being bullied.

Walk away until a teacher comes.

Tell a teacher

Tell your Mom or Dad



Rules to be a good friend



be a friend

If a friend is being bullied tell a teacher.

If someone gets hurt take them to a teacher or the nurse.

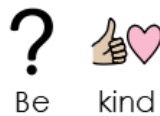
Be helpful.

Be there when someone is sad.

Share toys.

Be Kind.

Use our school rules.



Be kind



Keep safe



Work together

What can you do if you see someone being bullied?



Tell a Teacher.

An adult.

Tell Laura.

Tell anyone to help.

Tips for calming down

Get a grown up to help.

Tell a joke.

Take a deep breath.

Go to the classroom.

Happy Minds - go to the nest.

