Bullying – KS1

What is Bullying?

Bullying is when one person **deliberately (on purpose)** hurts someone either *physically or *emotionally **again and again**. Bullying can be:



Leaving someone out, again and again



Using unkind words about someone, again and again



Hurting someone again and again

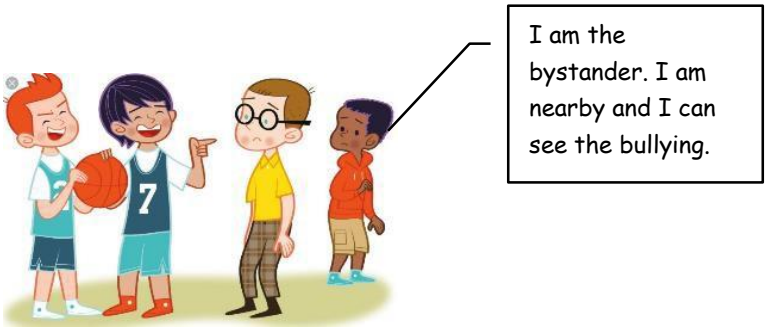


Doing unkind things to the same person again and again

**Physically safe means looking after people's bodies*

**Emotionally safe means looking after people's feelings*

What is a Bystander?



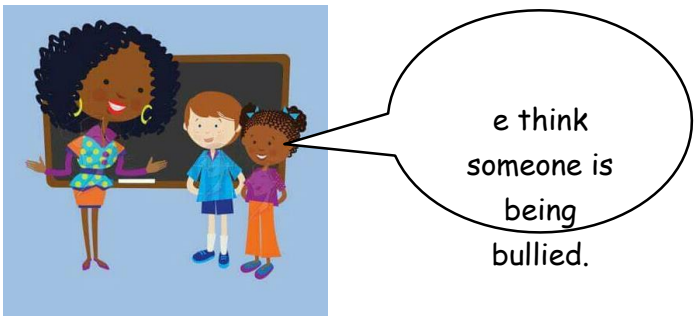
A bystander is a person who is nearby when something is happening. Bystanders must take action by doing one of the following:

- Saying 'stop' to the bully
- Moving away from the bully taking the person who is being bullied with them
- Telling an adult so that they can help

If a bystander does not take action to stop the bullying, the bullying will continue, and bullying is never okay.

What should I do if I think someone is being bullied?

If you think someone is being bullied you must tell your teacher or another school adult.



What should I do if I am being bullied?

If you are being bullied, take action:

- Say, 'leave me alone'
- Walk away

and

- **ALWAYS** tell an adult
- Contact Childline
- Log on Toot Toot

How can I stop bullying from happening at Cubitt Town Primary School?

You can help to stop bullying at Cubitt Town by:

- Keeping to our three school rules: **ready**, **respectful** and **safe**
- Helping others when they need help
- Being kind and friendly to others
- Thinking about other people's feelings before you say or do something
- Joining in with PSHE lessons





