

## Who can I tell?

- A teacher
- A parent
- A friend
- A lunch time supervisor
- Any other trusted adult
- Mrs Scarlett

I am Mrs Scarlett and I am here to listen and support you with your worries or any difficulties that you might be experiencing at school or at home. I want you to feel safe, cared for and happy so that you can reach your full potential in life.

There is always a warm welcome and a smile waiting for you.



## Anti-Bullying week 2022

The school council organised activities to encourage us to think about how Anti-bullying is everyone's responsibility and understanding that reaching out for help and helping others can make a positive difference in our lives.

We also held a competition across the school for a poster design or poem that could be used around the school.

Congratulations to Theodore Robinson for your winning design.



## Anti- Bullying Guide for Children



Written by the School Council December 2022



## What is bullying?

Bullying is repeatedly hurting another pupil on purpose. Bullying results in pain and distress to the victim. It can also effect children's behaviour, mental health and school work.

**Bullying happens...**

**Several  
Times  
On  
Purpose**

## Bullying can be...

### Physical bullying

Kicking, pushing, punching, hitting ,shoving and slapping

Emotional bullying- hurting your feelings, leaving you out, whispering behind your back, frightening you.

Verbal bullying - teasing or calling you names or speaking about someone unkindly.

### Cyberbullying

- Posting hurtful comments
- Sharing hurtful or embarrassing images
- Making threats online
- Sending hurtful emails or text messages

## Why we are against bullying?

All bullying is unacceptable and should not be tolerated.

Bullying can result in physical injury, social and emotional distress and self-harm.

It also increases the risk for depression, anxiety, sleep difficulties and lower academic achievement.

## What to do...

Start

Telling

Other

People

