

What do I do if I think I am being bullied?



Waffle says remember

"STOP!"

also stands for

Start

Telling

Other

People

Do not keep it to yourself. You have done nothing wrong. You need to tell somebody so we can work together to sort it out.

Who should I tell?

You should tell somebody if you think you are being bullied.

Your parents, friends, teachers, teacher assistants or Mrs Bradbury will help you.



You could also place a note into Waffle the Worry Monster's mouth. Every class has a Waffle!

Remember at Thursfield Primary School 'We Care, We Share, We Dare to Dream.'

If you think you are being bullied or you think somebody else is being bullied please speak out, together we will work it out.

A Student Council

Information Leaflet



Thursfield

Primary School

Our

Anti-Bullying Information Leaflet



What is bullying?

Bullying can be *verbal* such as using unkind words, *physical* such as hitting and kicking or *cyber* such as texting or using social media in a negative way.

Bullying is hurtful and can make individual children feel very bad about themselves.



Waffle the Worry Monster says bullying must



I have fallen out with my friend.
Am I being bullied?

Waffle says,

"Everybody falls out from time to time, it is part of growing up. You are not being bullied."



What is bullying?



Waffle says remember,

"STOP!"

It stands for

Several

Times

On

Purpose

Bullying is different from falling out with a friend. It is when somebody tries to hurt you several times and on purpose.