

## TOP TIPS TO

### TACKLE BULLYING

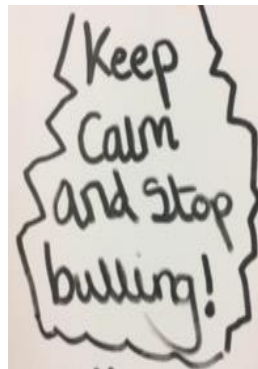
- WALK AWAY AND TELL AN ADULT YOU TRUST.
- REMEMBER IT IS NEVER YOUR FAULT.
- SMILE AT PEOPLE OR SAY SOMETHING NICE—IT CAN CHANGE SOMEONE'S DAY.
- DON'T BE A BYSTANDER—YOU HAVE THE POWER TO CHANGE THE SITUATION!



At Southfield Park  
you can always speak to  
the adults if you need  
help.

Mrs Gee  
Mrs Crawford  
Any teacher!  
Any teaching assistant!

They would all love to  
help if you need it!



Let's stick  
together and  
stand up tall.  
If we all help  
along,  
No one will  
feel small.





At Southfield Park we always

want to be able to **Succeed**,

to be **Happy**, to be **Inspired**,

to be **Nurtured** and to **Excel**.

Sometimes we do fall out with

our friends and that can make

us very sad. During our

Anti-Bullying week we learnt

what bullying is and lots of ways

that we can help to stop bullying.

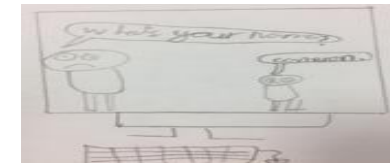
We hope that our leaflet is helpful

for you all. School Council



## What is bullying?

- Bullying is when someone hurts you on purpose over and over again.
- There are lots of different types of bullying.
- Being bullied makes you feel unhappy and emotional and sometimes it can make children not want to come to school anymore.



## Different types of bullying

- **Physical:** When someone makes contact with you in a harmful way.
- **Cyber:** When someone says horrible things to you online, on social media sites or through text messages.
- **Verbal:** When people say very unkind things to you or call you names.
- **Social:** When people leave others out from groups of games.

