

Rememberyou may feel alone but you are not alone

- Turn to your teacher first, they know you best! Why not use your mood pebble or personal pickstick in your classroom to let your teacher or TA know that you would like to talk to someone.
- The lunchtime supervisors and other adults on duty keep you safe in the playground especially if they know there is a problem to look out for. Remember to use the right words and speak to the same LSA each time.
They always do something about reported problems, even if you can't see that happening. You can check with them.
- Every Wednesday teachers talk about Children Matters at their staff meeting and we talk about how to keep each one of you safe and happy.
- Any child can pop in to see their teacher or Mrs. Giblett for a chat if they have a problem. You may not want them to do anything except to let them know how you are feeling.
- We cannot promise to keep everything you share with us a secret, parents and other children may need to know too, but we will keep you safe.
- There are lots of strategies that you can find that suit you. How about
 - Mindfulness
 - Early Warning Signs
 - New Place, New Face
 - Positive Distractions
 - My Personal Network
 - A Group Conference
 - Restorative Justice
- The problem will not go away immediately. You may need to ask for help again, it takes **time**, **resilience** & **persistence** to solve any problem.



Archbishop Benson CoE Primary School



Pupils' Guide to S.T.O.P. Bullying

What is bullying? Bullying is when a person or group deliberately & repeatedly hurts you physically or hurts your feelings making you feel sad and scared.

At Archbishop Benson School, we believe that no-one ever deserves to be bullied. Remember our 2 golden rules for friendship:

Rule 1: I have the right to feel safe and the responsibility to respect that everyone else has the right to feel safe too.

Rule 2: We can talk with someone about anything, even if it feels awful or small

If you feel you are being treated unfairly or bullied by a child, group of children or an adult, then remember that you need to.....

STAND UP
AND SPEAK



Slow down & step back: Don't react or judge too quickly if you fall out with someone. Check if it is an accident or a mistake. Don't gang up against a friend or friends if you have fallen out with each other. Remember to try and use the **T.H.I.N.K.** strategy Try & find a quiet place to sit & talk it through. Ignore the behaviour if you can.



Talk about your feelings: Let the other child or children know how you are feeling. Don't let others get too involved in helping you to sort it out. Don't listen to gossip or rumours. Think if you may have done anything to cause this friendship problem. Let your friend(s) know how you are feeling. Remember the power of **S.T.O.P.**



Take yourself out of the problem:... **STOP, WALK & TALK**
- Tell the other child or children to stop again and tell them that you will be asking for help if it continues.
- Go into another playground & find someone else to play with



Get some advice from an adult: Look at your hand. Who are your **TRUSTED ADULTS** in school. Share your problem with them as they will have lots of ideas
Use a phrase like "Can you help me please? I've got a friendship problem that is making me sad"
Don't forget to keep talking to the lunchtime supervisor if the problem continues or even better, let him/her know if the problem stops. The lunchtime supervisor or another adult may want to share the problem with your teacher or Mrs. Giblett.



Sometimes you need to **STAND UP & SPEAK** out but remember you are not on your own: Go and speak to your teacher or Mrs. Giblett about your problem. Bring a Play Buddy, a worry friend or any friend with you if you feel a bit worried or scared.