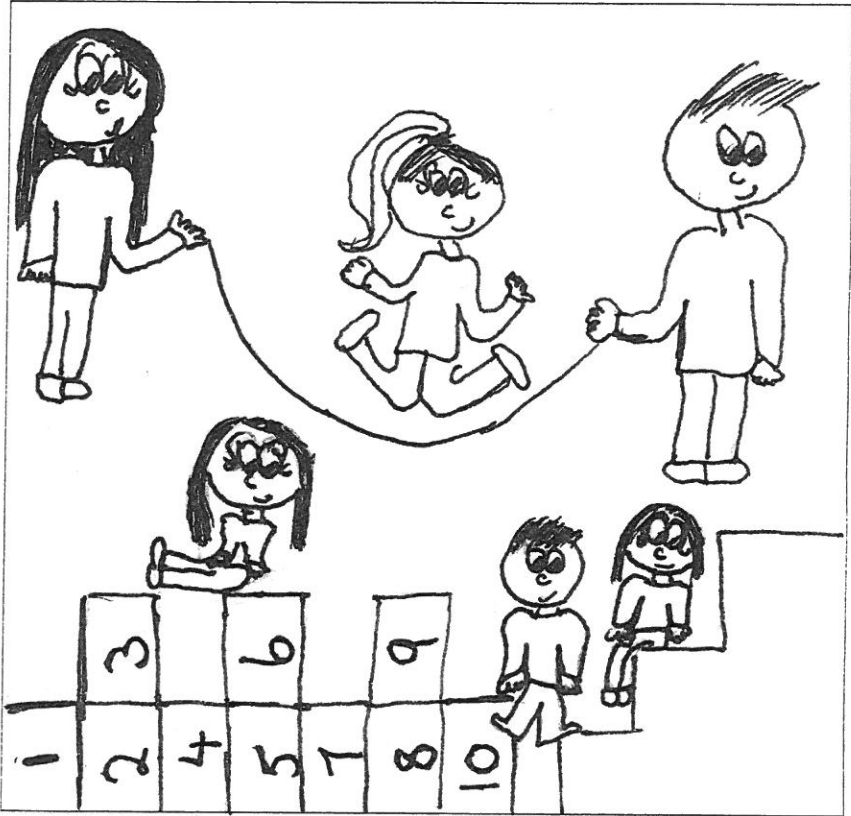


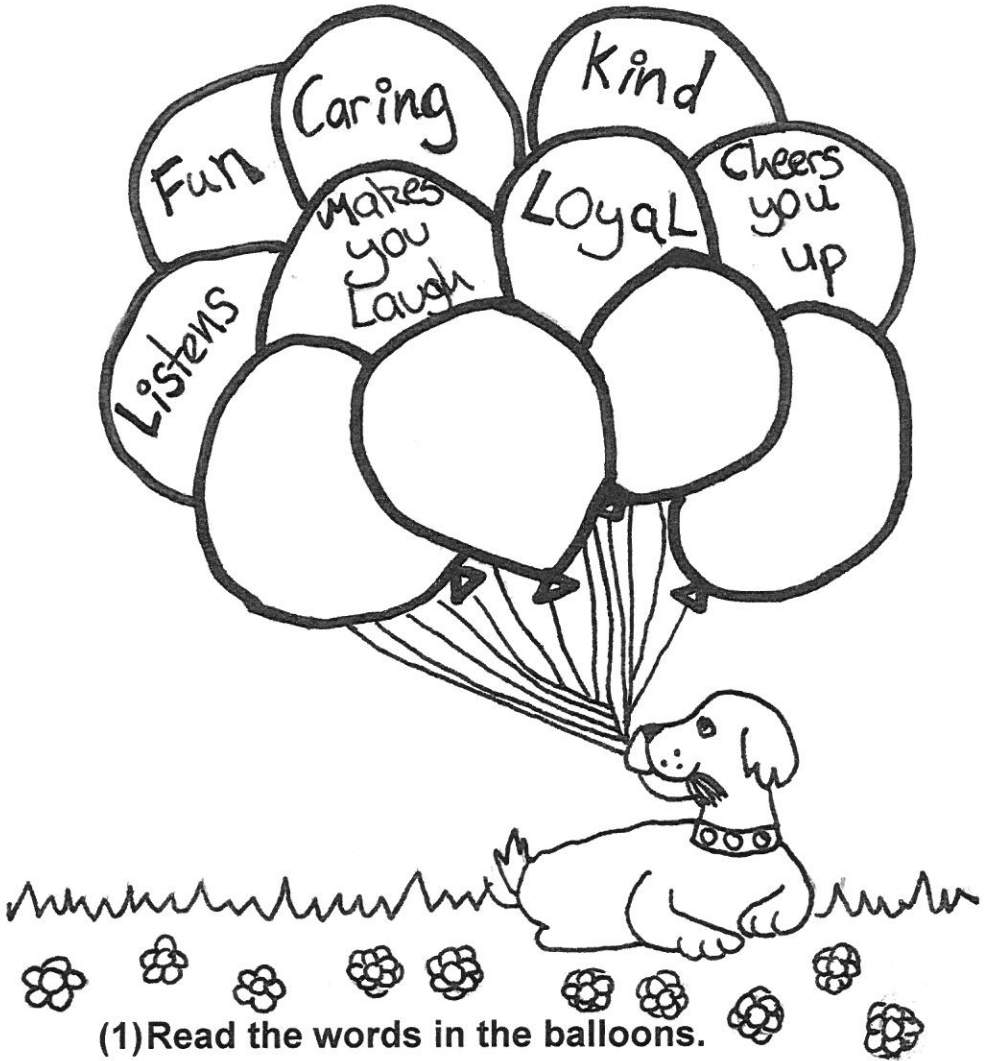
Bray School Project N.S.

Anti-Bullying Policy for children



Learn Together to
Live Together!

How does a good friend act?



(1) Read the words in the balloons.

(2) Write your own ideas in the empty balloons.

What is bullying?

Bullying is being deliberately mean to another child over and over again.

What do people who bully look like?

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You cannot tell if someone would bully by the way they look. A person who bullies may be tall or short, big or small, have light or dark hair. A person who bullies can be a girl or boy.

You can only tell a person who bullies by the way they act.

People who bully know they are acting in a bad way. They might try to hide their actions from their teacher and parents to avoid getting into trouble. People who bully might try to make people keep their bullying a secret.

Colour in the things a bully might do.

Call you names.	Pinch you.	Be friendly.	
Hug you.	Take things that belong to you.	Ignore you.	Say mean things.
Cheer you up when you are sad.	Give dirty looks.	Always leave you out of games.	
Hit you.	Be polite.	Break things that belong to you.	Send mean messages online.

Why might someone who is being bullied not tell anyone?

Keeping bullying a secret will give the person who is bullying more power.

He or she will bully again and again.

What should I do if I think I'm being bullied?

Here are 4 good ideas to help you:

(1) Go to an adult you can trust. Tell him/ her the truth about what is happening.	(2) Tell the person who is bullying that you don't like it and to stop.
(3) Go to a safe place. Stay around other people.	(4) Don't tease or hit back. Look strong and walk away.

No, Bully!

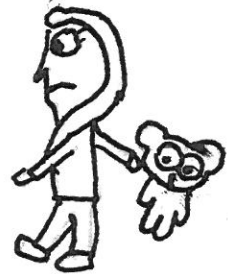
A bully is a boy or girl,
Who makes you feel bad,
Who says things or does things,
That make you feel sad.



A bully may laugh,
When you make a mistake,
Or call you mean names,
Push you, shove you or shake.



What do you do
If you're bullied today?
You must try to stay calm
And just walk away.



Go tell a grown up,
They'll know what to do,
Teachers and parents
Are there to help you.





What if you see
A bully pick on a friend?
How do you make
The meanness come to an end?

Tell the bully to stop!



Take your friend by the hand,
Go find a grown up,
They will understand.



School is a safe place,
To learn, grow and play,
If you speak up and stand up,
Bullies can't ruin the day.

by Nikki Aksamit.



B.S.P. is a TELLING SCHOOL.

Tell an adult you trust if you think you're being bullied,
Everyone deserves to feel happy and safe in school,
Let your teacher know if you see someone being mean,
Look for help today - if you don't talk it won't go away.

Who can you tell?

Draw a picture of 3 people you can ask for help.

1.	2.	3.

