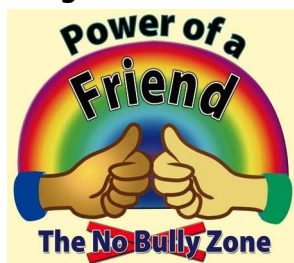


What should you do if you are being bullied?

- Tell someone
 - Walk away from the situation
 - Calm yourself down if you are angry
 - Find other people to spend time with

What should you do if you see someone being bullied?

- Tell an adult quickly
- Look out for the person being bullied
- Invite them to join your activities
- Be a good role model for how to be a good friend.



Remember!

Do tell someone if you're being bullied.
Don't copy the behaviour of the bully.
Do try and tell the bully to stop.
Don't be a bystander, if you see bullying happening in school, report it.

What does it mean to be a good friend?

Share

Thoughtful

Kind



Respectful

Good Listener

Inviting

Play together

Work Together



Friendship and Anti-bullying
Booklet



Written by Windmill Hill School
Council