

## What can we do to stop bullying?

### Advice to Pupils

During the school day...:

- stay in safe areas of the school with other people you can trust;
- If you see someone on their own, make friends with them.

What if someone is being rude or mean? What can I do? **Year 6** thought of some things you can do....

Try one of these:

1. ignore them
2. join another game
3. walk away
4. tell them to stop
5. tell them how you feel
6. count to 10 & cool down
7. apologise (because sometimes we can be rude and mean, too)
8. check the wheel of choice
9. talk about it during circle time in class
10. put a worry in the worry box

### Remember

If someone hurts you in any way

## TELL

a teacher - a supervisor  
your parent or your friend

It is not telling tales and you won't get into trouble.

Bullies are sometimes unhappy people. By doing something about your bullying problem, you may be helping them too and you may stop them from bullying other people.

## Advice to parents:

If you have a concern about your child don't feel helpless.

This is what you can do:

- Talk to them about what it means to be a good friend and what they can do when someone is being rude or mean
- If there is an issue, talk to your child to find out exactly what's going on
- If necessary, then arrange to talk to your child's teacher
- If you are still concerned, arrange to speak with the Principal
- Parents may request a copy of the Anti-Bullying Policy from the School Office or on our website.
- Remember – together we can work things out

## Useful Contacts

**NI Anti Bullying Forum**

**Visit: [www.endbullying.org.uk](http://www.endbullying.org.uk)**

**Childline 0800 1111**

**Parents Advice Centre 028 9023 8800**

New Row PS – 43 New Row – Castledawson  
BT45 8AP

Telephone: 028 7946 8426

Email : [info@newrowps.castledawson.ni.sch.uk](mailto:info@newrowps.castledawson.ni.sch.uk)

Web : [www.newrowps.com](http://www.newrowps.com)

Principal: Mrs D Graffin



## Anti-Bullying

An information guide for  
parents and pupils

*Reviewed November 2019*

*We care ~ We share ~ We learn*

In New Row PS, children are valued as individuals and are fortunate to belong to a caring and friendly school.

We regularly take proactive measures to ensure a clear anti-bullying message is conveyed and understood by all. This includes child protection/safeguarding themed weeks, events and classroom lessons & activities throughout the year.

Positive behaviour is promoted in all aspect of school life and throughout the day including at our twice-weekly assembly. It is also underpinned by our school motto:

We Care – We Share – We Learn

New Row Primary School strongly disapproves of bullying and will take the necessary steps to deal with it.

We have a specific Anti-Bullying Policy, regularly reviewed and updated.

Bullying can happen to anyone. It's what is done about it that makes the difference.

This leaflet aims to outline:

What does it mean to be a real friend?

What is bullying?

What can we do to stop bullying?

- Advice for pupils
- Advice for parents

## Real friends are caring and fun

### A good friend should:

Make you happy

Include you

Show they care

Listen to what you say

Be honest with you

Look out for you

Ask to borrow things, not take them

### A good friend shouldn't:

Hurt you

Make you do something you don't want to

Say nasty things about you

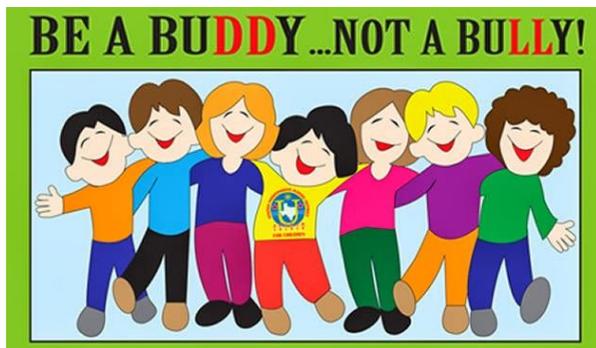
Call you names

Send you nasty messages or e-mails

Make fun of you

Let you be blamed for something you didn't do

Remember: It's ok to disagree with a friend



## What is bullying?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE**.

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN**.

When someone says or does something *intentionally* hurtful and they *keep doing it* even when you tell them to stop or show them that you're upset, that's **BULLYING**.

Mean behaviour can be:

- name calling or teasing;
- making things up to get you into trouble;
- hitting, punching, pushing;
- taking or damaging your belongings;
- taking your friends away from you;
- spreading rumours about you or making threats;
- exclusion from groups;

REMEMBER

When someone does these things and keeps doing them even when you tell them to stop or they see you are upset, that is when MEAN becomes BULLYING.