

Remember if you have any worries:

Find a BUDDY

Tell a Lunchtime Supervisor

Tell your Class Teacher

Tell Mrs Thomas or any of our teachers

**Remember –
A problem shared is
no longer a problem!**



Ysgol Heulfan



**A Pupils' Guide to
Anti-Bullying**



What is bullying?

Bullying can be:

- Demanding money
- Name calling
- Making threats
- Teasing
- 'Dirty' looks
- Kicking
- Hair pulling
- Pushing
- Hitting
- Making someone do something they don't want to do.



Bullying is repeated ...

It is not a one off incident.

Remember:

Hands are not for hitting.
Feet are not for kicking.
Mouths are not for hurting.

How to avoid Bullying

When we have had anti-bullying week, these are the things you have suggested that may help:

- Walk with a friend
- Make friends with a person if you know they are unhappy. Ask if you can help.
- Tell someone you trust, if others are being nasty to you or to your friend.
- Ignore if you can.
- Walk away.
- Try not to annoy other people.
- Do not cheat in games!
- Ask someone to drop you off or pick you up.
- Don't get involved in other people's arguments.
- Say STOP if you see something that you do not like.

