

Who can I tell?

Mrs. Arkley is our school anti-bullying lead but ALL adults at Ryhope Junior School are here to help.

On the playground look out for our trained anti-bullying ambassadors.

Top tips if you are being bullied:



Tell an adult / friend.



Ask the bully to stop, if you can.



Ignore.



Walk away.



Stay strong and positive.

Remember you can always phone / contact

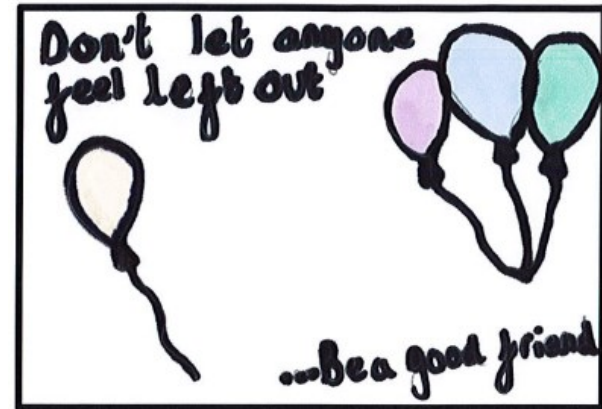
childline; 0800 1111 or [childline.org.uk/kids](https://www.childline.org.uk/kids)

You can also text The Diana chat by texting

DA TO 85258



Ryhope Junior School



Designed by
Lexi Bray

Child Friendly Anti - Bullying Leaflet

Produced by our

School Council 2022-2023



What is bullying?

is it 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.

Bullying can be...

Emotional: hurting children's
feelings, deliberately leaving
children out. ☹️

Physical: punching, kicking, hitting,
pushing, spitting. ☹️

Verbal: name calling. ☹️

Cyber: saying unkind things online.
☹️

Through a third person: sending
a friend with an unkind message.
☹️