

Who can I tell?

Miss Robinson 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 or a friend.
- ❖ Ask the bully to stop, if you can.
- ❖ Ignore.
- ❖ Walk away.
- ❖ Stay strong and positive.

Remember you can always phone or contact:

ChildLine: 0800 1111 or visit childline.org.uk/kids

Diana Chat: text DA to 85258



Ryhope Junior School

Be a buddy
Not a bully



By Kiara

Year 3

Child Friendly Anti-Bullying Leaflet

Produced by our School Council Team 2024-25

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.

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 an unkind
message through another friend.