



How we STOP bullying at Frenchay CE Primary School



What does bullying look like?

Bullying is something that is done to upset a person and is done over and over again.

Bullying could be different every time it happens.

Sometimes it can be done in a group or sometimes a bully can do it alone.

Bullying could be pushing, punching or kicking as well as name-calling.

If you see bullying you should **never** ignore it.

You must do something about it.

What can you do to help?

If you are being bullied or feeling worried, don't be afraid to tell someone like you trust. This could be an adult or a friend.

If someone is upset you could say something nice to them and try and cheer them up. You also need to be a good friend and listen. Make sure you don't get involved or this could make it worse. Always tell an adult.

