Bystanders and Upstanders

Bystanders are <u>almost</u> as bad as the bullies themselves.

Bystanders are people who watch people bullying and do not report it.

Upstanders are people who stand up for their friends and tell someone if they see, or know about, people being bullied.

Don't be a bystander, be an upstander; report or tell a trusted adult if you see bullying or are being bullied.



Anti-Bullying Week

The purpose of Anti-bullying week is to understand more about bullying. It is a chance to learn about bullying and to be able to understand what bullying is.



If you feel you are getting bullied, tell someone, as there are many things that can be done to help.



You can also contact Childline:

www.childline.org.uk

Carnarvon Primary School

Work hard,
<u>BE KIND!</u>

Anti-Bullying at Carnarvon

What is bullying?



What are the types of bullying?

What is bullying?

Bullying is where someone is hurt physically or emotionally, more than once, and on purpose.



Bullying is wrong and bullies will be punished.

Think carefully about what you are doing and make sure your behaviour couldn't be mistaken for bullying.

There are 4 types of bullying:

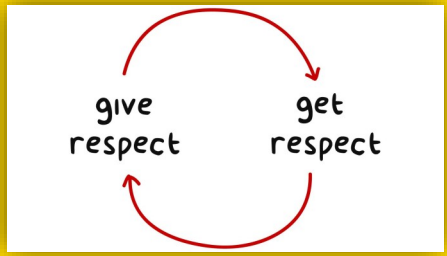
- **Physical** - this is where someone hurts your body.
- **Verbal** - this is where words are used to hurt you.
- **Cyber** - this is bullying that takes place online. It could be using messages to hurt your feelings.
- **Emotional** - this is when you are excluded from, or pushed out of a group or an activity.

At least one of these types of bullying are done more than once and on purpose.

STOP BULLYING
SEE IT - SAY IT - STOP IT

Respect

Bullying is based around respect. If you respect people, you won't bully them and if you don't respect people, there is a chance you might start bullying them.



Being respectful is treating everyone with kindness and thoughtfulness.
It is being able to look at someone and think they are kind or they are nice.

