



# ANTI-BULLYING ADVICE



# FOR CHILDREN



2025

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2026

SEPTEMBER

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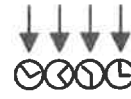
- Advice for Bullies



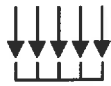
- Cyberbullying



## WHAT IS BULLYING?



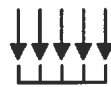
- It is when it happens on a regular basis



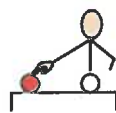
- Being mean all the time



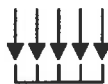
- Physically hurting you




- Calling you names all the time



- Taking things that belong to you


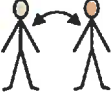
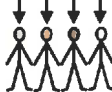







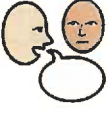
- Leaving you our all the time

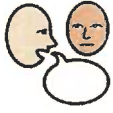



?   
**BEING KIND**



-     
Bullying is not ok

- ?    
Be nice to everyone

-   +    
Look after each other and everyone's things

















-     +   
Think about what we do and say

-     ?!  
Talk to adults if you have a problem or

 someone is being  unkind



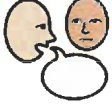

## HOW TO BE A GOOD FRIEND

-   +  Be nice and polite
-   Play nicely
-   Share things
-   +  Be kind and helpful
-   Play together
-     Treat people with respect







# ADVICE



IF YOU SEE BULLYING:

-  Talk to  the staff

-  Tell  other  children  it  is not  ok to  bully



-  Talk to  someone  at  home

-  Take  the person  being bullied  to an adult

-  Shout  stop








## ADVICE FOR BULLIES

-  Stay  calm

-  Try  not  to  use  unkind words

-  Talk about  your  feelings

-  Find  an adult  to help  you  think about

  
things

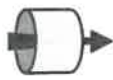
-  Bullying  is  never ok



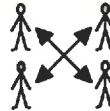
# CYBER BULLYING



- Cyber bullying is when someone bullies



you through the computer



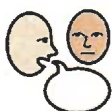
- Don't meet with anyone you don't know



- Don't talk to anyone you don't know



- Ignore them



+



- Tell an adult you know and trust