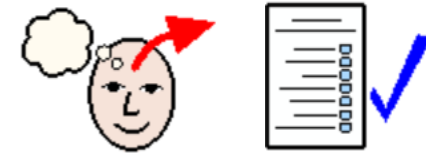




Pupil Checklist

Feeling Safe and Happy at School





What is bullying?

A bully is someone who hurts another person more than once on purpose.



A bully uses behaviour to scare, hurt or upset another person.



At our school, we use the word 'STOP' to spot bullying:

Several
Times
On
Purpose

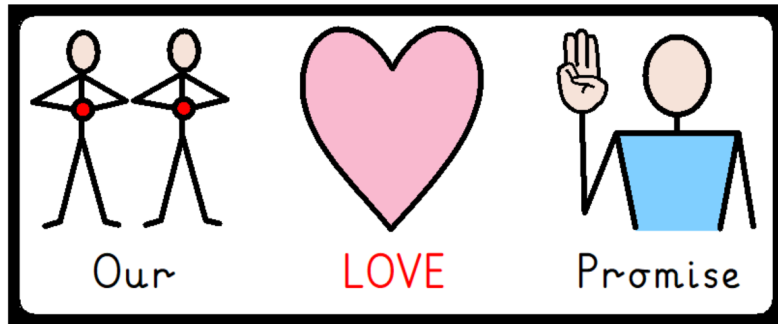


St Chad's CofE Nursery and Infant School will always be a:





We all follow our school's
'LOVE Promise'



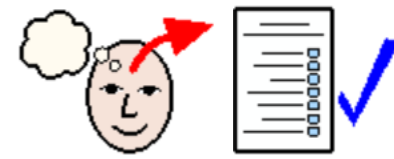
WE:

Look after our school and each other.

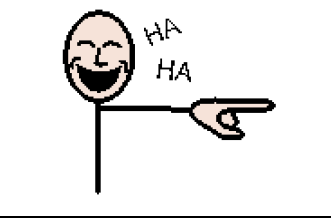
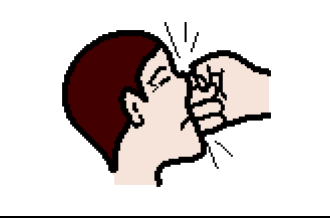
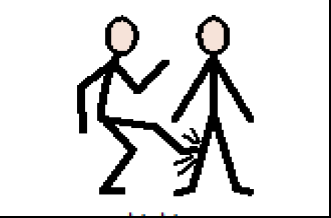
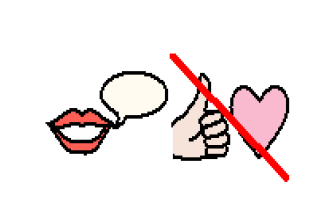
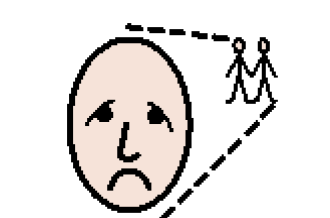
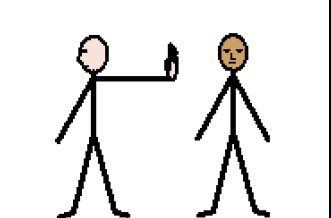
Only ever do our best.

Value everyone and remember our manners.

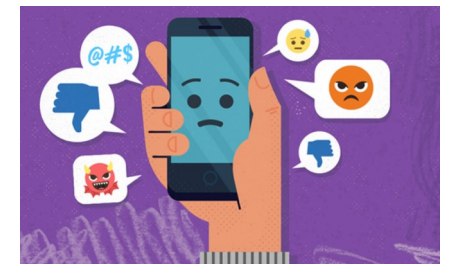
Enjoy our learning!

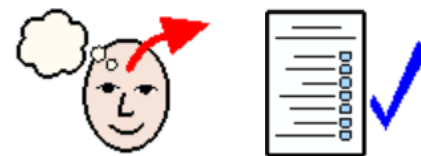


Bullying can be:

		
teasing	punching	kicking
		
saying unkind words	leaving people out	being racist

Bullying can also be saying unkind things online.





What should you do if you are being bullied?

Start
Telling
Other
People



You can tell:

your mum/dad	your teacher	Ms. Leach / Mrs Morley
Mrs Kay	your friend	a relative

Our school values are:



love



friendship



compassion



respect

We all work together to make sure that our school is safe and happy.



Our school rules help to keep everybody in our school safe and happy.

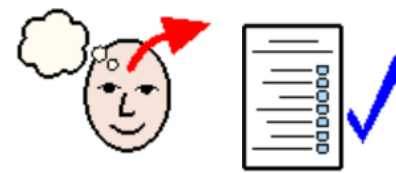
Safe



Ready



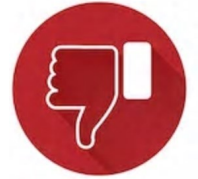
Love



If you are being bullied....

DON'T:

- Do what they say
- Get angry or look upset
- Hit them
- Think it is your fault



DO:

- Ask them to **STOP** if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- **TELL SOMEONE**

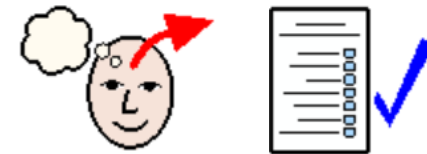
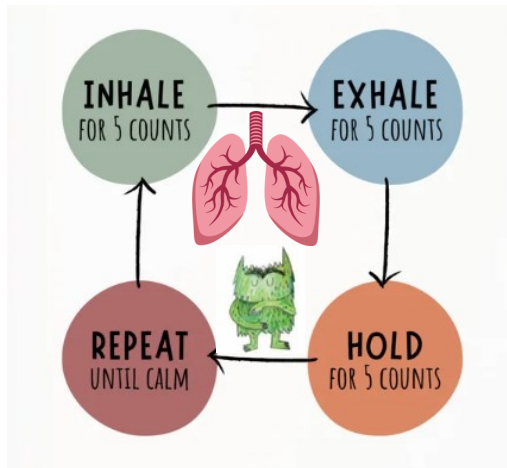




You can use the Colour Monsters to help share how the bullying is making you feel.

			
sad	scared	angry	confused

Taking long deep breaths (square breathing) can help you to calm down.



What should I do if I see somebody being bullied?

DON'T:

- Ignore the bullying
- Don't join in
- Stay silent



DO:

- Tell someone straight away



Start
Telling
Other
People

