

**KING'S COURT FIRST SCHOOL
ANTI-BULLYING**

KING'S COURT FRIENDSHIP CHAMPIONS

We can all be friendship champions by always being a good friend.



WHAT ARE THE ADVANTAGES?

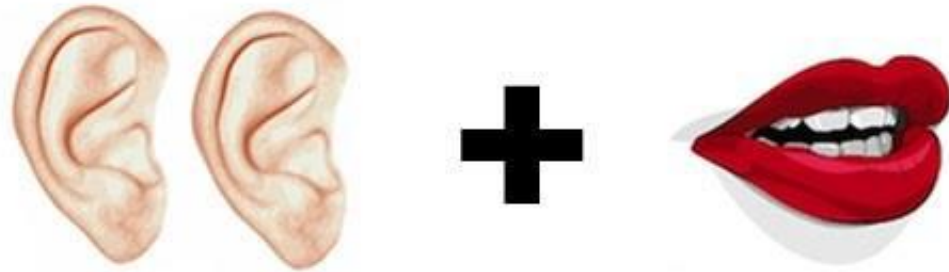
Having a good friend	Being a good friend
<ul style="list-style-type: none">• If you are sad your friend could look after you• Someone you can trust• You would always have someone to play with• It stops you being lonely	<ul style="list-style-type: none">• People like you better• People want to play with you• They will be nice to you• You care for others and then they will care about you – treat others as you would like to be treated

TIME TO PRACTICE BEING A FRIENDSHIP CHAMPION

Find people you don't normally speak to, shake hands and say hello

Find more people you don't normally speak to. Tell them something about yourself, for example, favourite food, favourite thing to do, favourite TV program

TIME TO PRACTICE BEING A FRIENDSHIP CHAMPION



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LISTEN

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We have two ears and one mouth so that we can listen twice as much as we speak.

Epictetus

TIME TO PRACTICE BEING A FRIENDSHIP CHAMPION

Go and find other people to talk to.

Listen to what the other person says to you and make a relevant comment back to them.



WHAT DO WE DO IF SOMEONE HURTS US OR MAKES US UPSET

“Stop! I don’t like it!” TELL AN ADULT



IS IT BULLYING?

When someone says or does something unintentionally helpful and they do it once, that is
Unkind

When someone says or does something intentionally hurtful and they do it once, that is
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 are upset – that is
Bullying!

is it
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.

WHY ARE PEOPLE RUDE?

- Some people find it hard to hold their anger in
- It might just come out and you don't know what you are saying
- Sometimes people find it hard to hold things in
- They don't realise it is not kind

HOW CAN WE HELP THEM TO STOP DOING IT?

- Say stop, 'Don't like it.' 3 times
- If they don't stop, TELL A TEACHER!
- Walk away
- Be clear – say 'no. I don't like that.'

WHY ARE PEOPLE MEAN?

- If you have been rude or mean to them, they might be mean to you
- Because they want to hurt your feelings, especially if you have made them upset or angry
- They don't understand what to say or how to be a good friend, so they say something that hurts or upsets you

HOW CAN WE HELP THEM TO STOP DOING IT?

- Treat them the way you want to be treated. Be a role model
- Show them how to play nicely
- Be kind to them
- If they don't stop, tell a teacher
- Tell them, 'I really didn't like that' and that might help them to realise that it is mean and they shouldn't do it again

BEFORE YOU SAY SOMETHING – THINK!

- 1. Is it true?
- 2. Is it kind?
- 3. Is it necessary?

CAN YOU THINK OF SOME EXAMPLES?

True and kind	True and necessary	True, but not kind and not necessary
You can play with me	That's unkind	You are a bully and I don't like you
You're my good friend I like your hair	I don't like that, please stop it	I don't want to be your friend
You are very good at sport	You've been unkind to me, please stop	You're terrible at football
I'd like you to come to my house to play	Stop that, it's hurting my feelings	You're the worst friend I've ever had

WHY DO BULLIES HURT OTHERS

If you are mean to someone, they might start to bully you

If someone really doesn't like you (maybe you won't be their friend), they might want to hurt your feelings

Someone might feel jealous

They are finding it hard to be a good friend themselves or are lonely

They want someone's attention because they don't have many friends, but they don't understand how to do this in a kind way

IF I AM BEING BULLIED, WHAT SHOULD I DO?

IF YOU'RE BEING BULLIED



**Tell
someone
you trust**



**Keep a
record of
what's
happening**



**Don't
retaliate**



**Surround
yourself
with people
that make
you feel**



**Don't blame
yourself – it
is NOT your
fault**



**Be proud
of who
you are**

HOW CAN WE REOPO BULLYING?

WORRY BOX

TELL AN ADULT YOU TRUST

CHILDLINE: 0800 11 11

WWW.CHILDRENLINE.ORG.UK

OUR SCHOOL AIMS TO

Stamp out bullying!

Ensure children are happy coming into school and happy going home

All children feel safe to say, 'Stop, I don't like it!' and talk to an adult

Would you like to be a well-being champion?