

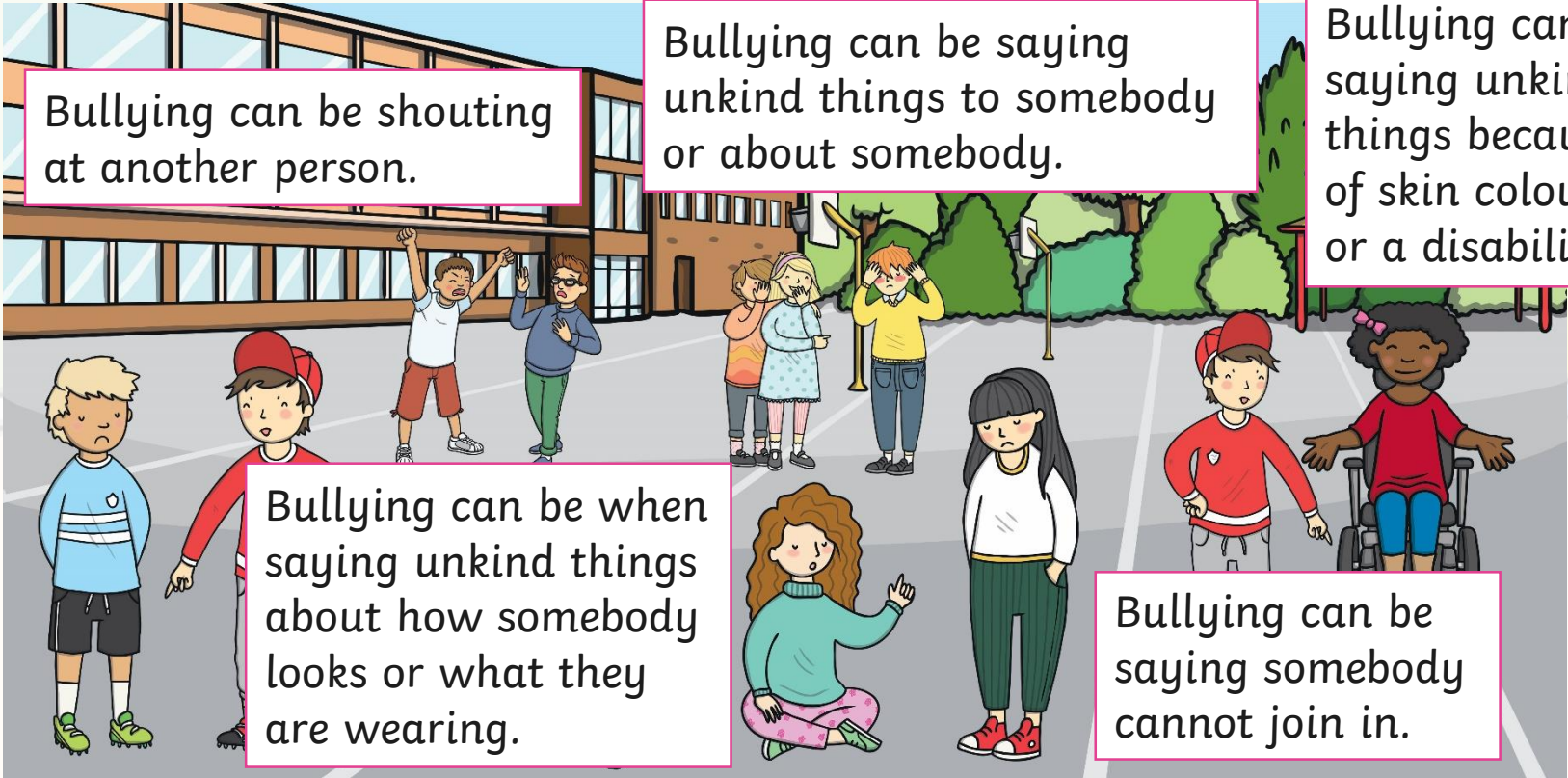
# Anti-Bullying

What is bullying and why does it happen?



# What Is Bullying?

Remember, bullying is when something happens over and over again. It is not when an unkind thing happens only once.



Bullying can be shouting at another person.

Bullying can be saying unkind things to somebody or about somebody.

Bullying can be saying unkind things because of skin colour or a disability.

Bullying can be when saying unkind things about how somebody looks or what they are wearing.

Bullying can be saying somebody cannot join in.

# Why Does Bullying Happen?

Bullying sometimes happens because we are all **different**.



?

Bullies are jealous of talents.



?

Bullies are jealous of friendships.



?

Bullies feel bad about themselves.



?

Bullies think they are not very good at something.



# We Are All Different

We are different for lots of different reasons.

height

eye  
colour

disabilities

shape

skin  
colour

jobs

hair  
colour

family

abilities

We are all unique and that is what makes us special.



# Choose Respect over Bullying

- Respect means to treat someone nicely and to care about their feelings.

## **Remember:**

We don't have to be best friends or always agree with each other but we do have to respect each other.



# What Should You Do If You Are Being Bullied?



Somebody can always help.

**Tell  
someone!**



Even if it's not you being bullied, help other people around you.

# True or False?

You can tell somebody is a bully just by looking at them.

**false**

If you are a bully, you will always be a bully.

**false**

Bullies make people feel upset.

**true**

Nobody should be bullied because they are different.

**true**



