



What is bullying? Can you write a definition of what you think it is in the space below?

Thinking about what bullying is, which of the actions below do you think are bullying behaviour?

Calling people names

Being laughed at

Stealing other people's things

Being called ugly all the time

Hitting someone every lunchtime

Being forced to do something you don't want to do

Spreading rumours about someone

Helping someone

Having a nick-name

Laughing at a funny joke

Writing a note to someone

Playing a game in a group

Having a best friend

Saying 'hi' to someone

Inviting a best friend over to play



What advice would you give to someone who is being bullied?

The central illustration shows a red, blocky character with a sad face and white wings, surrounded by six empty speech bubble shapes for writing advice.

‘Bullying is deliberately hurtful behaviour repeated over a long period of time’
(DCSF cited NSPCC 2011)

‘Bullying is the use of aggression with the intention of hurting another person
and which results in the pain and distress of the victim’
(Kidscape: Anti-Bullying Week Resource Pack)

If you see or know that someone is being bullied, tell a teacher or adult. Help other people and don't be afraid to ask for help if you need it.

Remember – you are amazing, special and unique!

