

Dweud Wrth Rhywun!!

Tell Someone!!

Let's work together to stop bullying at Knighton School.

Written by Knighton Church in Wales School Council.

All members of our School Council produced this edition of the booklet using their understanding of what bullying is and how we can stop it!

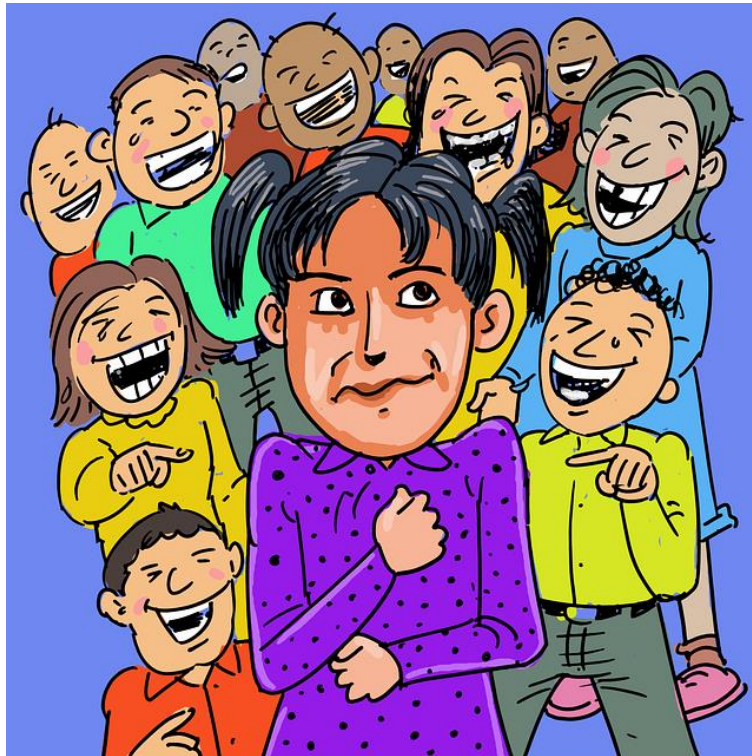


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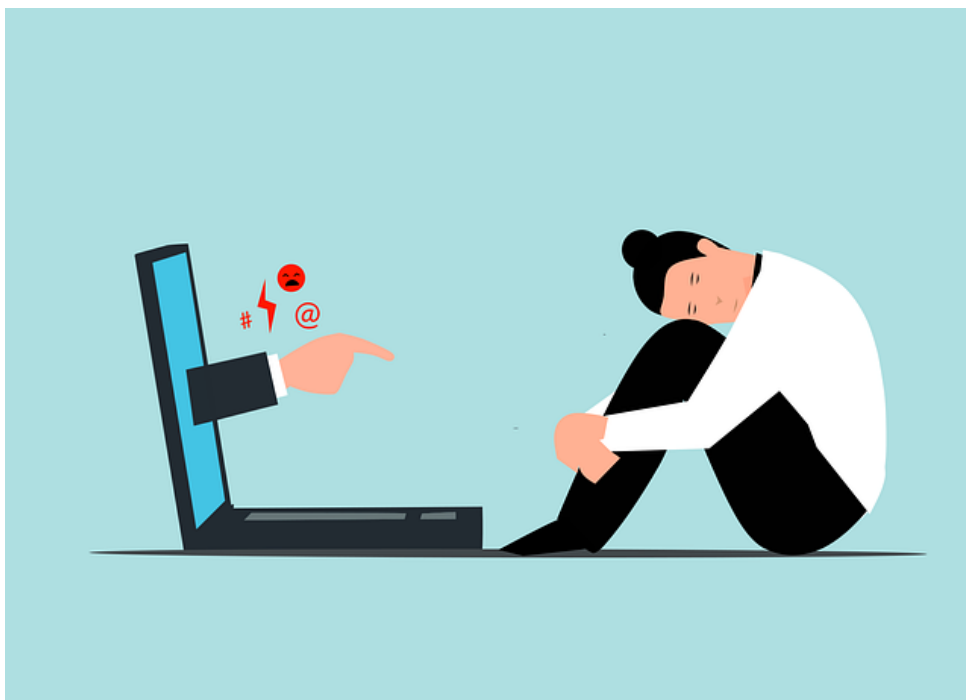
What is bullying?

If someone regularly upsets, hurts or puts you down over a period of time you may be being bullied; this may be verbal abuse, physical abuse or both.

If someone tries to make someone else unhappy and encourages other people to join in they may be bullying. Make sure you tell an adult about it.



'Cyber bullying' is when someone sends you threatening or upsetting messages online. You should tell your parent or an adult in your home about it, block them, remove them and possibly even report them to the police. You can also tell an adult in school if you are worried about it.



What makes people bully?

Some people bully because they feel stressed or lonely and sometimes they bully because they feel jealous about something.

Sometimes they may be being bullied by someone at home or outside of the school environment.

Bullying can make you feel superior and powerful and think you are the boss for a minute but eventually a bully will have no friends. Maybe no one will want to play with you.

If you think you are a bully you need to think about your choices; what you have done and why. It may be that you need support from an adult at school, friends or family for you to be able to do this. Often you can ask to be their friend again.



This is a picture of bullying!
It can make you feel like you're being left
out of **EVERYTHING**!

They're
bullies.

She's a
loser.



Blackmail bullying

P.C. Ainsworth told us that this is when someone says that they'll do something nasty to you, or not be your friend, if you don't do what they say. If this happens to you, you should never keep it to yourself. Tell a trusted adult or ask a friend to help you tell.



"Tell someone!"

How does bullying make you feel?

Being bullied can make someone feel really lonely and left out. It can also make someone feel sad and scared and can make them feel as if someone hates them, or even that everyone hates them.



This is cyber bullying



Cyber bullying is bullying on-line in, for example, games (on play station, X-box, Nintendo switch), texts, Snapchat, Instagram, Whatsapp, Messenger and X (Twitter). You should never cyber bully. It is mean and you could get into a lot of trouble. If it is happening to you, you must tell someone.

What should you do if you think you are being bullied or you are bullying?

If you think you are being bullied, or if you want help to stop bullying, you should tell an adult or ask a friend to help you tell someone.

You could ask for a Guardian Angels team to help you explain how the bullying makes you feel or to problem-solve friendship issues.



The team you choose can help you to feel better and support you to make new friends or solve problems with existing friendships.

For older children, sometimes talking through things with a trusted adult can help to resolve an issue.

Whatever you do, tell someone!!

