



### What does bullying look like?

Saying nasty things

Hitting, kicking, pinching

Not letting you play & join in

Sending nasty messages online

**MORE THAN ONCE**



### What is bullying?

- Bullying is when one or a group of people is mean to someone more than once, on purpose.
- When someone hurts, threatens, upset or frightens another person on purpose.

### What is bullying NOT?

Bullying is not the same as falling out with someone. When people fall out with friends, they can sometimes say and do things because they are upset. This is not the same as bullying even though it can be upsetting.



Several



Times



On



Purpose

# Anti-bullying at Lawn Primary School (KS1)



You are  
Not Alone!

Being bullied can make you feel...

alone



angry



worried



scared



sick



sad

Who can I speak to if I am being bullied?

A teacher/ teaching assistant

A parent

A brother or sister

An adult you trust

Helplines

**National Bullying Helpline 0300 323 01 69**

**Childline 0800 11 11**

**Young Minds 0808 802 55 44**

