

How can I protect myself online?

- Use age-appropriate websites and apps (check the PEGI ratings)



- Use block function
- Report the cyber-bully
- Tell an adult or someone you trust
- Know your limits
- Did you know the age of digital consent is 13?



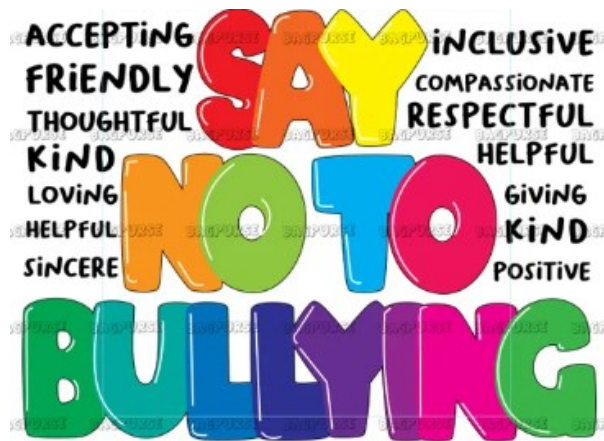
What can I do if I feel bullied online?

The best thing to do if you feel bullied online is to block the other person and do what you would in real life—tell someone. You could also make a new profile, or log out and leave the chat, or report them.



How can I stop bullying from happening?

No one can stop it on their own. We all must work together and look after each other.



How can I help others?

Being a good friend or someone who people can talk to is the best way to help others. It is not always easy to ask for help when you feel bullied but it is always important to do so.

Always reach out a hand to others.

Can we resolve issues before they become bullying?

Remember, two wrongs don't make a right!



ACHIEVE, BELIEVE, CREATE

CLASS 3's ANTI-BULLYING POLICY



Several **S**tart
Times **T**elling
On **A**nd
Purpose **R**eporting
Trouble

P2P and your friends are always ready to help!

Ambergate Primary School

What is bullying?

Bullying is when an individual or a group constantly try to hurt someone else mentally, emotionally or physically several times on purpose. It is never acceptable!



Bullying is not:

- A bad joke or teasing (when not repeated)
- Falling out with someone / Banter
- Saying something mean once
- Saying the wrong thing by mistake
- Accidentally hurting someone's feelings
- Accidentally hurting someone physically



What should I do if I think I am being bullied?

If they don't stop when I ask them to definitely tell a trusted adult or talk to a friend I can trust to help me resolve it.



We all need help sometimes. There are lots of people who can help if I talk to them and share how I feel. If I don't talk to someone then it might be that no one knows and things get worse.



Who can I tell when I need a helping hand?

A trusted friend

Peer 2 Peer

Family

Adults at school

Other adults that I trust outside of school
(like coaches / instructors)

Bubble-time and Worry Monster

ChildLine (0800 1111) or the police



What will the adults in school do?

They will have a serious conversation with the people involved and will explain the effect their choices are having on you and find out the reason why.

If things don't improve quickly parents will become involved until the matter is resolved and stops. Don't worry! No bully is left to get away with their bullying, and they will face serious consequences for their actions.

ALWAYS REMEMBER

Never let the bullies stop you doing what you love!

