

## Top Anti- bullying advice for children – approved by BJS School Council 2024-25

At BJS we are ready, respectful and safe

- **It is not your fault if you get bullied.** It doesn't matter what colour hair, or skin you have; what shoes or glasses you are wearing; what your abilities are; how you speak; how you walk. We are all different in some way and that's what makes us amazing. **At BJS we are ready, respectful and safe.**
- **The important thing is that you tell someone about it as soon as you can. If you see someone being bullied you need to help them by telling an adult.** Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and its okay to be upset about it. **At BJS we are ready, respectful and safe.**
- **Talk to a trusted adult;** like a teacher you trust or your parents. Tell your friends and they can help you tell someone. If you don't want to do that you can always call Child line 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk). **At BJS we are ready, respectful and safe.**
- **Keep a record of what happened,** when it happened, and who was involved. If the bullying is online, **keep the evidence** – save or copy any photos, videos, texts, emails or posts. **At BJS we are ready, respectful and safe**
- **Do not retaliate.** It can be tempting if you are being bullied to get even – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea– you might end up being seen as the trouble maker or get yourself even more hurt. **Try to walk away so you don't get involved.** **At BJS we are ready, respectful and safe**
- **Think about other ways you can respond to bullying.** For example, practice saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher. **At BJS we are ready, respectful and safe**
- **Surround yourself with people who make you feel good about yourself.** If someone constantly puts you down they are not a real friend and not worth your time. **At BJS we are ready, respectful and safe**
- **Be kind to yourself.** Do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down. **At BJS we are ready, respectful and safe**
- **Remember to be kind to other people!** Just because someone is different to you and your friends – that doesn't mean you are better than them or have a right to make them feel bad. **If you mess up, say sorry.** You don't have to be friends with everyone – but you should always **show respect**, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time. **At BJS we are ready, respectful and safe**



**School Council – Anti bullying Advice**



 **ready**

 **respectful**

 **safe**