



Meath School



Anti-Bullying Advice














for Children

2023 2024

2023-2024



Contents

-  What is bullying? 
-   Being Kind
-    How to be a good friend?
-  Advice
-  Advice for Bullies 
-  Cyber Bullying



What is Bullying?



- It is when it happens on a regular basis



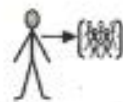
- Being mean all the time



- Physically hurting you



- Calling you names all the time



- Taking things that belong to you







- Leaving you out all the time

? Being Kind



-   
Bullying is not ok

- ?  
Be nice to everyone

-   +  
Look after each other and everyone's things

-     + 
Think about what we do and say

-     ?!
Talk to adults if you have a problem or

-  someone is being  unkind

?





How to be a good friend





- ?  +  Be nice and polite

-   Play nicely

-   Share things

- ?   +  Be kind and helpful














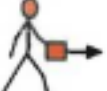





-   Play together

-     Treat people with respect





ADVICE

If you see bullying:




- 

 • Talk to the staff
- 






 • Tell other children it is not ok to bully
- 



 • Talk to someone at home
- 



 • Take the person being bullied to an adult
- 

 • Shout stop






Advice for Bullies

-  Stay  calm

-  Try  not to  use  unkind  words

-  Talk about  your  feelings

-  Find  an adult to  help  you  think about  things

-  Bullying  is  never ok



Cyber Bullying



Cyber bullying

is



when



someone



bullies



you



through



the computer



Don't meet



with



anyone



you



don't know



Don't talk

to



anyone



you



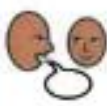
don't know



Ignore



them



Tell

an



adult



you



know



and



trust