



St Luke's School



Without using their name can you describe this person?



Describing someone

Looks

Tall

Blonde hair

blue eyed

thin

Their actions

Chatty

helpful

clever

hurtful

moody

Their job

teacher

politician

athlete

banker

Which is the most important?

Looks

Tall

Blonde hair

blue eyed

thin

Their actions

Chatty

helpful

clever

hurtful

moody

Their job

teacher

politician

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Which is the most important?

Their actions

Chatty

helpful

clever

hurtful

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What about these people?



What makes the difference?



Versus



How do we separate
the good from the
bad



How do we separate the happy from the sad?



By the choices they make?





Making life better for other people

Or making it worse?



How would you describe these people?



Spiteful



Angry

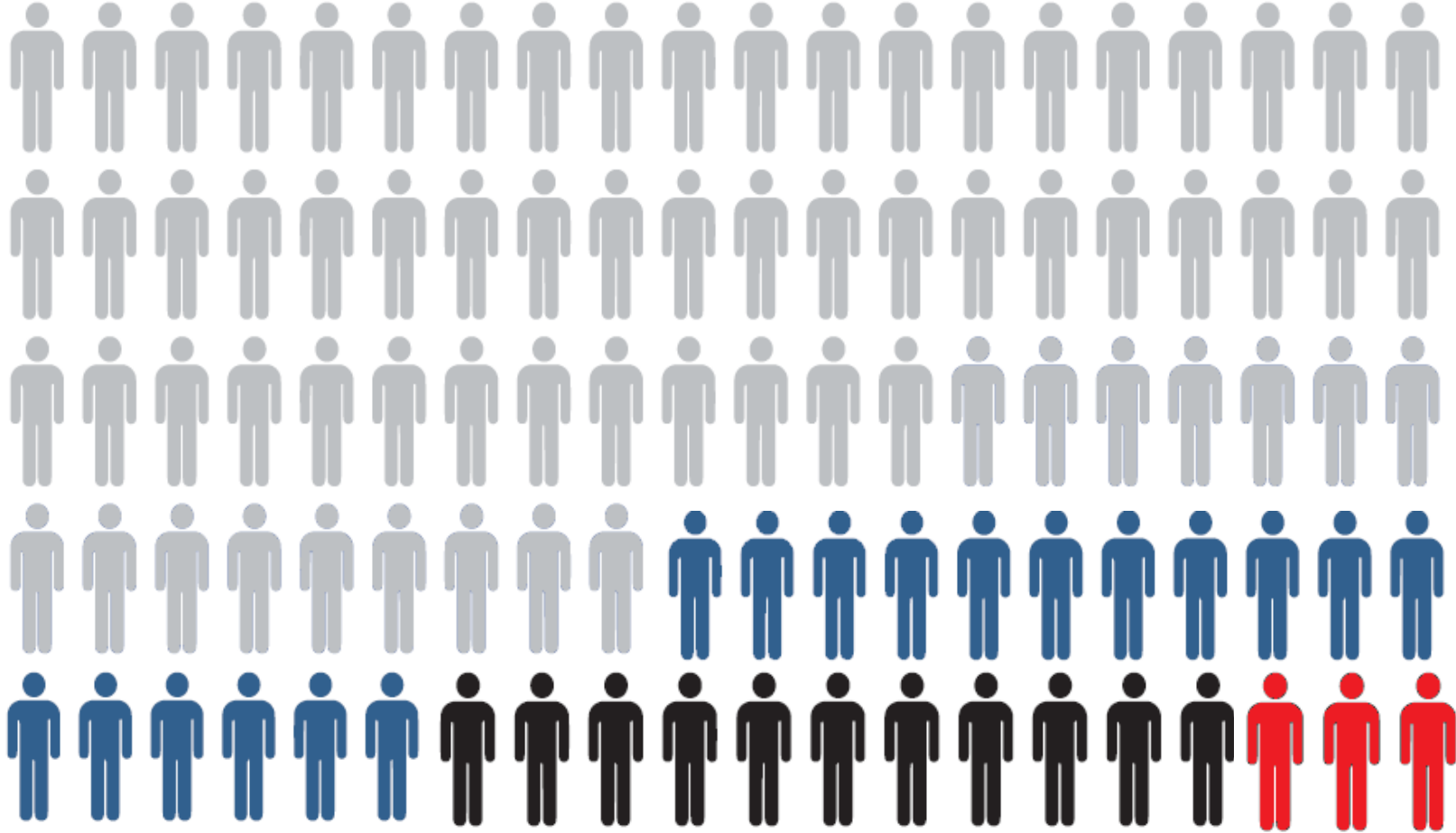
Aggressive



Sad

Hang on a minute....

Everyone is sad at some point - but not EVERYONE hurts other people



-  Talk to family and friends
-  Can only talk to just their family or just their friends
-  Find it hard to show their emotions
-  Don't have anyone to talk to

People who bully others...

Are sad and
don't want to
show it...



So they hurt others
to make themselves
feel better...

But it doesn't work – it
actually makes things
worse.

Children who bully others...

Are afraid they
cannot be
liked for who
they really
are...



So they ridicule
others to make
themselves feel
better...

But it doesn't work – it
actually makes things
worse.

Pupils who bully others...

Are unhappy
with things in
their life...



So they bully others
to try to make other
people feel as sad
as they do...

But it doesn't work –
their sadness does not
go away

Pupils who bully others...

Are known to suffer more long-term mental health problems when they are older



But are they strong enough to accept help?

They are more likely to suffer from anxiety and depression later on

Working with an adult now will start to make things better

How do you feel about these people?



I feel pity

They don't know how to make friends

They are very unhappy themselves



They need help

They are weak

What can you do
about it?

If you know a bully

- We will work together to support the bullies in not needing to bully anymore.
- You all know who they are and where they bully others
- They need all of our help to stop – their lives can be better!
- Don't encourage bullying in any form anywhere even on-line
- Allowing them to continue can make you part of the bullying as well (indirect)
- Bullies need help to stop and you can help them – reporting will help
- Parents have also been given this information and are working with us to stop their children bullying or being bullied.

If you know or see someone being bullied

If you can stop it as a group - intervene.

Protect the victim, keep them with you.

If it is not safe to do so then get help
Report it as soon as you can (The bully
wont want you to)

- The parents of the bully and the victim will be called in to let them know about the incident – they will be given information about it
- By working together we can all stop bullying in its tracks

For those who bully

- **Seek help now!**
- It is important to stop as you will find things get worse as you get older
- You are most likely being bullied by someone else that's why you bully in the first place.
- Your parents will be told every time you hurt someone

You will be given help but you have to accept it for it to change things.

Bullying others advertises your problems to everyone. Bullying wont help you with your problems - it will only make it worse.

Stopping isn't easy –you will have to be strong and courageous to stop – there are people to help you – seek them out.

WILL **OUR** SCHOOL BE THE
FIRST **EVER**
BULLYING-FREE SCHOOL IN
JERSEY??

