

The School Council  
Anti-bullying Assembly-  
produced and presented  
by  
School Council members

# Bullying

Several

Times

On

Purpose

# Types of bullying

**Physical** (when someone pushes you, hits you or harms you in any way physically)

**Name calling** (bullied by name calling regularly and it is hurtful)

**Social** (leaving out, making plans and excluding others, etc.)

**Cyberbullying** (being bullied online, via mobile phone or on social networks)

# How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Start to believe it
- Blame themselves

# STOP!!!!

At Beaufort we will not put up with bullying! We want everyone at our school to feel safe and happy. Imagine you were getting bullied -all that fear and anger- you wouldn't like it !



# Cyber-bullying

- This is a type of bullying that is done on a mobile, computer and game consoles. It is mostly done on Facebook and Twitter.



# Physical bullying

- Physical bullying is when someone hurts you over and over again. It could be a push, kick, slap or punch.

# What can I do if I get bullied

- You could tell a parent or carer.
- If it happens at school you could tell a member of staff.
- You could also write it down and put in the worry boxes. There are some in classrooms and down corridors
- **YOU MUST ALWAYS TELL SOMEONE!!**





**TO BE A GOOD FRIEND ,HAVE COURAGE ALSO  
SUPPORT AND HELP YOUR FRIEND OUT WHEN  
THEY NEED IT THE MOST. IF YOU SEE BULLYING  
TAKE PLACE TELL SOMEBODY!!**

**FRIEND SHIP IS GREAT !!IT'S GREAT  
TO HAVE SOME ONE WHO CARES!**

# True or false

1. You can spot a bully from the way they look and act?
2. Cyberbullying can only affect someone if they are online and have an account too
3. Bullying is a normal part of childhood and you should just ignore it
4. Bullying only happens in schools
5. Reporting a bully will make things worse
6. It is easy to spot the signs of bullying
7. It is not bullying if someone deletes the comment or post

Thankyou for listening to  
our school council  
assembly – we hope it  
was useful.