

Bullying can be:



- Emotional - someone is unf leaves others out, teases or threatens to hurt others.
- Physical - pushing, kicking, hitting, punching or any other hurtful act of physical behaviour.
- Verbal - name-calling, teasing or spreading rumours.

**Bullying is NEVER your fault and is always WRONG!**

What should you do if you see bullying or you are being bullied?

- Tell a grown up in school
- Talk to someone at home
- Tell a friend or the school council.



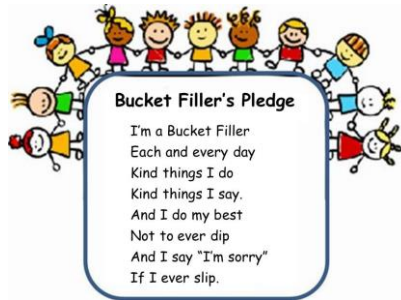
**POWER  
FOR  
GOOD**

#ANTIBULLYINGWEEK

Please read our Anti-Bullying and Behaviour Policies for more information. Both can be found on our school website [www.langshott-surrey.co.uk](http://www.langshott-surrey.co.uk)

# Friendship Week!

Over the last week we have been celebrating friendship by filling our friend's buckets full to the brim with kind words and actions, however, we also understand that friends fall out and in some cases this can develop into bullying.



What is a friendship fall out?

A friendship fall out is when we have a disagreement with a friend, we might say or do hurtful things BUT we apologise and don't do them again.



# What is bullying?

Bullying is when somebody constantly hurts someone else,

Several

Times

On

Purpose



Bullies want to make you feel bad; it is often done in secret. Bullying is NOT a falling out between friends or something that happens once or twice.

Bullying can also take place on social websites such as 'Facebook', online gaming, through messages received on a phone or photos. This called Cyber-Bullying.

