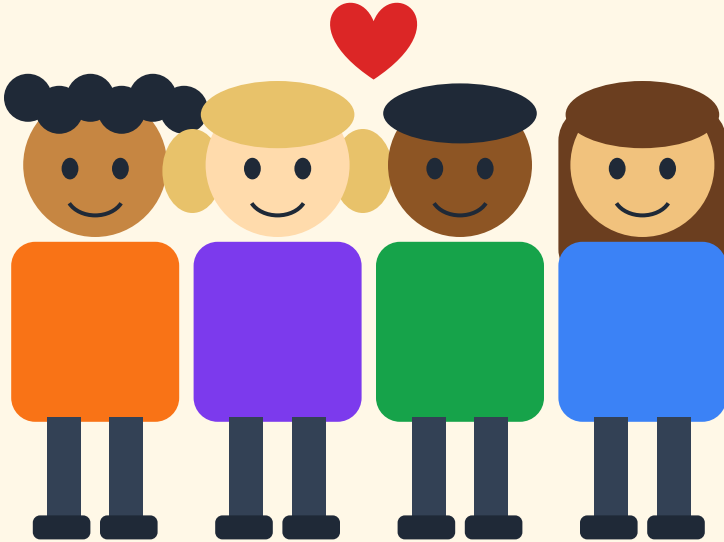
Stop bullying!

Be kind • Be a friend • Tell a teacher

Our goal: I can say what bullying is, how it makes people feel, and what we can do to stop it.

PSHE • Year 1/2



Turn and talk

What do you think bullying is?

- Have you heard the word “bullying” before?
- Is it bullying if someone is unkind just once?
- What is the difference between falling out and bullying?

I think bullying is when …



What is bullying?

Different types of bullying (BBC Newsround)

▶ Click to watch on YouTube

Bullying is when someone hurts or upsets someone **on purpose, again and again.**

Bullying can be ...



Hurting someone's body
hitting, kicking, pushing



Unkind words
name-calling, teasing



Leaving someone out
"You can't play with us!"



Online
unkind messages on a phone or game

Why might someone bully?



Someone might bully because …

They feel sad or cross inside

Someone is unkind to them

They want to look big or cool

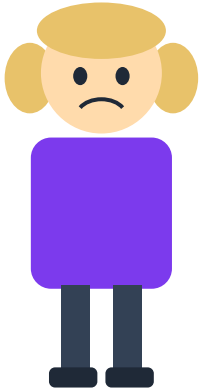
They don't think about how it feels

A reason is not an excuse.
Bullying is never OK. But people can change, and we can help them be kind.

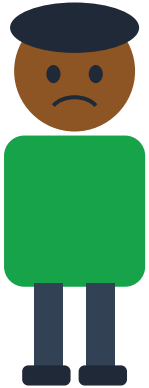
How does bullying make people feel?



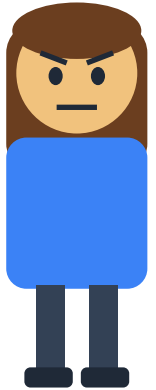
Sad



Scared



Lonely



Cross

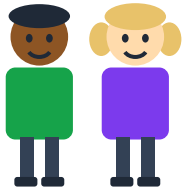
Think: How would you feel if it happened to you? How might someone feel if they saw it?
I would feel … because …

How can we stop bullying?



Be kind

Use kind words and kind hands.



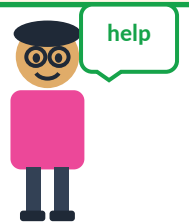
Be a friend

Ask someone on their own to play.



Say “Stop!”

“Stop, I don’t like it.” Then walk away.



Tell a teacher

Tell a grown-up you trust. Keep telling until it stops.

My kindness promise: *This week I will …*