

What Can I Do To Help Me Feel Better?

- Put a note in a Listening Box
- Go to Listening Lunch
- Go to Indoor Games Club
- Go into the Well-Being Garden



- Sit on a Buddy Bench
- Try the mindful activities taught in class
- Do something that you enjoy
- Think of as many things that you can that make you feel good or happy

Speak to somebody:

- An Ambassador
- Mrs Maciver
- Your parent/carers
- Childline—Phone free 08001111
- Bully Busters — Phone free 08001696928
- Diana Award Crisis Manager - Text Free DA to 85258

It's ok not to feel ok, you're not alone, it's not your fault and it can get better .



REMEMBER ...It's good to tell

We will:

- Listen
- Respect how you are feeling
- Do whatever we can to help you to feel better



Pupil Anti-Bullying & Well Being Leaflet

At Waterloo Primary School we:

Care for others and our world and help everybody stay safe

Encourage each other as we learn together

Listen and welcome the opinions of others

Value everyone and everything

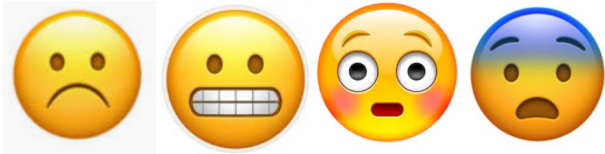
Try our best in all things and never give up

Respect everybody and everything

Forgive each other

What Is Bullying?

Bullying is repeated nasty behaviour that is done on purpose to make others feel upset, uncomfortable or unsafe.



Bullying is NEVER ok and will not be tolerated at our school.

Types Of Bullying

V Verbal

(Things that are said to you)

I Indirect

(Leaving people out, laughing at them, spreading rumours about them etc.)

P Physical

(Kicking, punching, slapping, tripping etc.)

Kindness Is The Key

Each person who works, learns in or visits our school has the right to be happy and the responsibility to help others to feel happy too.

Being kind costs nothing, but means everything to someone who is feeling upset or alone.



Be a bucket filler—It makes you feel good too!

- Follow our Code of Conduct
- Share your smiles
- Say nice things
- Be helpful
- Be polite
- Treat others as you want to be treated
- Let others join in if they want to



- Do not say or do anything in the real world or online that you wouldn't want your teacher to hear or see

Fill a Bucket...



It's good for you!

People Who Can Help

You do not have to suffer in silence and there is always somebody that can and wants to help you.

Think of the 'Hand Rule' and name five people that you could go to that you trust .

