

BE AN **ANTI-BULLYING** SUPERHERO

We can all do our bit to make sure our school is an anti-bullying school. Here is how to be an anti-bullying superhero.

HELPING OTHERS

Be open to new friendships

Value friendships with a range of people, especially those who may not find it easy to make friends.

Be there for others

In the playground or classroom, look out for people who may not be included and ask them to join in.

Admit when you are wrong

If you are unkind to someone, apologise and make a change in your behaviour.

HELPING YOURSELF

Know when a friendship is healthy

A healthy friendship should make us feel positive, supported and safe. If you are unsure about a friendship, talk to an adult you trust.

Be assertive

If someone wants you to do or say something that makes you feel uncomfortable, like being unkind to someone else, it is OK to say no.

Take five

If you are feeling angry or annoyed about something a friend has done, take five minutes to complete a calming exercise, like square breathing.

*Are you worried about bullying? If you are, talk to a trusted adult at school or at home, or call Childline on **0800 1111**.*