

Hey Brampton  
Primary School!

It's your BPS  
captains here.



We're here to talk to you about fighting against all forms of bullying at Brampton Primary School.



What do you think  
bullying is?

Discuss it with your  
partner.



Bullying is **HURTFUL**, **PURPOSEFUL** and **REPEATED** behaviour.

- **HURTFUL:** someone does or says something that causes you pain emotionally, physically or mentally; you feel threatened or unsafe because of someone's actions.
- **PURPOSEFUL:** the behaviour is not accidental, someone is intentionally hurting you.
- **REPEATED:** the behaviour happens over and over again, even after you have told the person how their behaviour makes you feel; when it feels like it will never stop.

Hurtful, purposeful  
and repeated – it is  
important to  
remember that.



Watch this following  
video about  
bullying:  
[https://www.bbc.co  
.uk/bitesize/clips/z7v  
nvcw.](https://www.bbc.co.uk/bitesize/clips/z7vnvcw)





What do you think  
you can do if you  
feel you are being  
bullied?

Discuss it with your  
partner.





1. Decide whether or not you are being bullied. Is the behaviour hurtful, purposeful, and repeated?
  2. If you are being bullied, tell the bully how you're feeling. Give them the opportunity to understand your feelings and use personal language like "You're hurting my feelings" or "I feel very upset when you do that."
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3. If the bullying does not stop after you tell them how you feel, tell an adult. The adult can be a parent, teacher or any adult that you feel comfortable and safe with. Tell them what is going on and that you need their help.
  4. Find out from that adult how they are going to help you.
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the blue background.

What do you think  
you can do if you  
see someone being  
bullied?

Discuss it with your  
partner.




## **DISTRACT!**

If you see someone being bullied, you can intervene and tell the bully to stop or that you are going to get a teacher. Remind them that their behaviour has consequences.

## **DEFUSE!**

You can make the target feel better by asking them something about themselves, giving them a compliment, or ignoring the bullying all together. Help them feel safe!

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

## **ENCOURAGE!**

**Talk to the target about speaking to an adult. You are a witness and can be on their side if school staff are involved.**

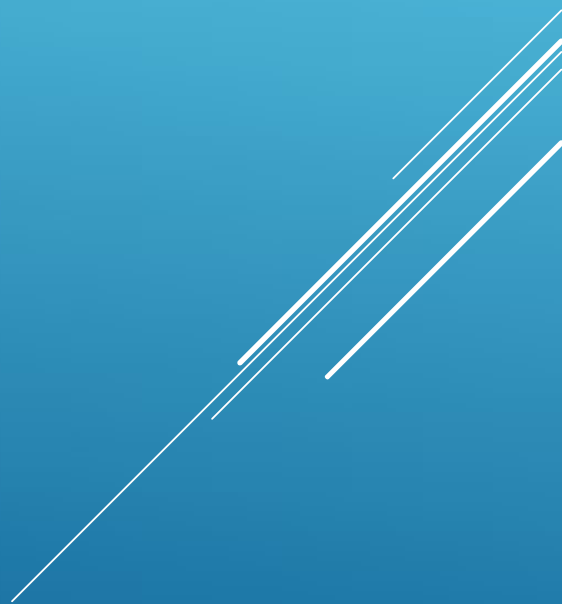
## **SUPPORT!**

**Be there for the target when they speak to an adult. Let them know that you are their ally and will back them up!**

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

## FOLLOW UP!

Make sure you keep in touch with the target. Invite them to lunch, ask them to join in your games at playtime, take time to remind them that you care and help them feel like they are no longer just “a target” but a friend. You used The Power of One so now you are no longer a bystander but an *UPSTANDER!*



What are YOU going to do this week to fight against all forms of bullying?



