

# ***AM I A BULLY?***

1. Do I pick on some children ?
2. How do I do that ?  
What do I do to hurt them ?



Do I ?

- smack / hit / punch / kick / spit or push them ?
- take or hide any of their belongings ?
- call them names, mock or tease them ?
- threaten or taunt them?
- spread unkind stories or gossip about them ?
- get other children not to play with them ?



***Where do I do these things to other children ?***

1. Do I do any of these things in class ?
2. Do I do it outside class – before school / at break time / at lunch time / after school?

***Why do I do these things to other children ?***

1. Am I angry about something?
2. Has someone done something to upset me?

## *How can I make things better ?*

1. Accept in my head that what I am doing is very wrong.
2. Think about how the other person must feel
3. Take what 'punishment' I get and accept the blame bravely.
4. Make my mind up to stop what I have been doing.
5. Say sorry – and mean it
6. Stay away from anyone I don't get on with
7. Talk to an adult if I find any of these things hard to do.

*If you can do one or more of these .....  
Well Done !!!!!*



**You can change your behaviour!!**

Online support is available from:

[www.childline.org.uk](http://www.childline.org.uk)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.bbclic.com](http://www.bbclic.com)

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*Information for pupils*