What makes a good friend?

Good friends make you feel good

Good friends say and do things that make you feel good,

giving compliments and congratulations and being happy for you.

Good friends listen

A good friend allows you to talk and doesn't interrupt you.

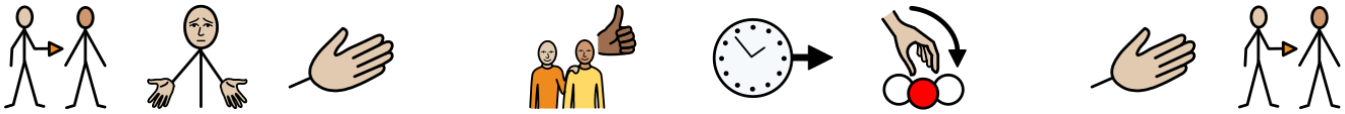
They're interested in what you have to say.

Good friends support each other

If you're feeling down, a good friend will support you. If

Created in WidgitOnline.com for Rumworth School

Widgit Symbols © Widgit Software Ltd 2002 - 2024



you need help, a good friend will try to help you out.

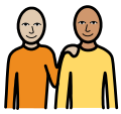
Good friends are trustworthy

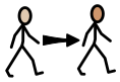
Good friends handle conflict respectfully and respect boundaries

A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.

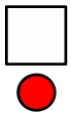
Created in WidgitOnline.com for Rumworth School

Widgit Symbols © Widgit Software Ltd 2002 - 2024

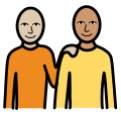
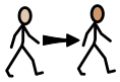


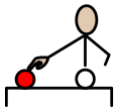
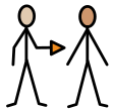


Friends **not** **followers**

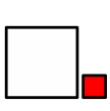
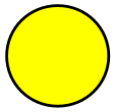
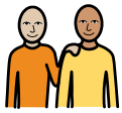


In the digital world you can feel under pressure to have

a lot of friends and followers. Remember that you only

need a small circle of friends to be happy,

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024

Types of Bullying

Physical

The victim is physically + and violently assaulted by the bully.

This can including being beaten up, pushed + and shoved or the physical taking of items from the victim. This sort of bullying is against the law + and should be reported to the police.

Verbal

This can include name calling, snide comments + the spreading of rumours; it can ++ also constitute harassment in some

Created in WidgitOnline.com for Rumworth School
Widgit Symbols © Widgit Software Ltd 2002 - 2024

cases which is illegal and should be reported to the police.

Emotional

Psychological and emotional bullying s difficult to see, but can include the ostracization of the victim from a particular group, tormenting and humiliating the victim.

Cyberbullying

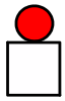
Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024

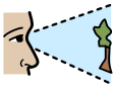
websites or posting personal and embarrassing images and videos

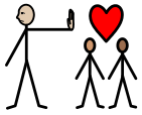
without the persons permission.

Specific

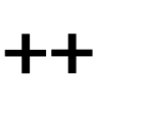
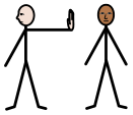


This the term used to describe bullying based on an specific

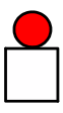


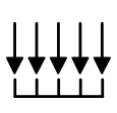


aspect of the victims identity such as homophobic, transphobic, Bi-phobic

bullying but can also include racist bullying and bullying

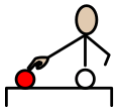


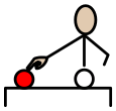


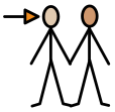
based on religion. All of these types of bullying are illegal.

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024

Dealing with Bullying

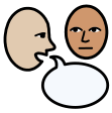




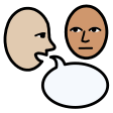


Remember that it is the victim that determines if they believe

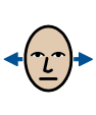
the behaviour is bullying not the bully.



\- Tell someone – don't keep it to yourself, find a trusted adult

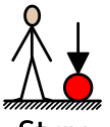


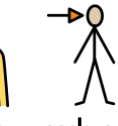
who you can talk to.



\- Don't retaliate, try and ignore them if you can.

\- Try not to react in front of the bully.





\- Stay with trusted friends who will support you.

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024

Dealing with Cyberbullying

Cyberbullying can be harder to handle as it anonymous and can impact all aspects of your life.

- Tell someone – don't keep it to yourself, find a trusted adult who you can talk to.

- Report the bullying to the website and block the user.

- Do not Retaliate

- Screenshot evidence of the bullying.

Created in WidgitOnline.com for Rumworth School
Widgit Symbols © Widgit Software Ltd 2002 - 2024

Who Can you turn to for help and Support

- Parents or trusted family members

- Teachers or school staff

- The Police

- Friends

NSPCC (National Society for the Prevention of Cruelty to Children)

Helpline: 0808 800 5000 (24 hours, every day)

Website: www.nspcc.org.uk

Childline

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024

Helpline: 0800 1111 (24 hours, every day)

Website: www.childline.org.uk

National Bullying Helpline

Helpline: 0300 323 0169

Telephone: 0845 225 5787

(open from 9am to 5pm Monday to Friday and 10am to 12pm on Saturday)

Website: www.nationalbullyinghelpline.co.uk

Created in WidgitOnline.com for Rumworth School Widgit Symbols © Widgit Software Ltd 2002 - 2024