PSHE Week Four – Keeping safe, managing behaviour and risk

**Can you name the different ways somebody might be bullied? Some have been done for you.**

being left out of games in the playground

sending mean messages to somebody online

Remember that bullying happens more than once. The bully/bullies do it over and over and over again and they can take away your self esteem and confidence.

**Look at the following scenarios where somebody is being bullied.**

A new child started at your school this week, and he is having trouble fitting in. Some of your friends have been laughing behind his back. **What would you do?**

Someone shoves you and wants to fight you. You want to stick up for yourself, but you don’t want to get into a fight. **What would you do?**

Another child in your class thinks it’s fun to tease you every chance she gets. You’re afraid she’s going to hurt you, and you’re starting to hate school. **What would you do?**