PSHE Week Five – Keeping safe, managing behaviour and risk

**Last week you thought about what you could do to help somebody who is being bullied. Here are some of the ideas the class came up with:**

* Tell the teacher or another adult in school
* Tell your grown up at home
* Be kind to the person
* Make sure that the person is included in games
* Tell the bullies that their behaviour is not nice (calmly)
* Don’t argue with the bullies
* Walk away from the bullies and tell an adult.

**TASK**

Create a poster with your top tips for dealing with bullying.

* Make sure your poster is **bright** and **colourful.**
* Make sure that your messages and tips are written clearly.

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.