

4. How can you make things better??

ACTIONS SPEAK LOUDER THAN WORDS. You can say sorry, but you need to heal that wound. How can YOU show that you are sorry??

PULLING SOMEONE DOWN WILL NEVER HELP YOU REACH THE TOP.

KUSHANDWIZDOM

THANK YOU FOR READING THIS.



I have made a mistake but I can change.

before you speak  
**THINK**  
T=Is it true?  
H=Is it helpful?  
I=Is it inspiring?  
N=Is it neccessary?  
K=Is it kind?

WE HOPE IT HELPED YOU

St Clare's  
Abbey Primary  
school



*Have you  
been a  
bully?*

**WELL, WE CAN HELP  
YOU BE A BUDDY  
NOT A BULLY!**

**READ THIS FOR OUR  
TOP TIPS!**

## WHAT IS A BULLY?

In  
St Clare's Abbey  
we say...

A BULLY SAYS OR DOES  
THINGS TO YOU THAT ARE  
NOT NICE

A BULLY DOES IT AGAIN  
AND AGAIN

A BULLY DOES THESE  
THINGS DELIBERATELY

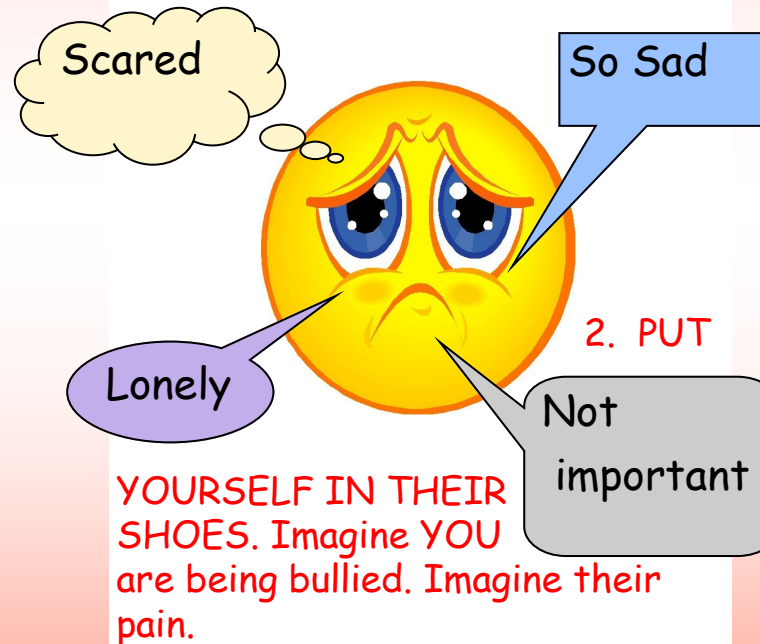
A BULLY MAKES YOU FEEL  
WEAK, LONELY AND  
SCARED.

THAT IS OUR  
DEFINITION OF A  
BULLY .

Advice for someone who  
has been a bully...

1. Truly think

**Stop and think!**  
about how you have made  
that person feel?



2. PUT  
**YOURSELF IN THEIR  
SHOES.** Imagine YOU  
are being bullied. Imagine their  
pain.

3. STOP! THINK! Why are you do-  
ing this? Is it really fair to take it

out on another person?

**Think about  
what you have  
done and why?**

"CALLING SOMEONE FAT DOESN'T  
MAKE YOU SKINNIER.

CALLING SOMEONE STUPID  
DOESN'T MAKE YOU SMARTER.

RUINING SOMEONE'S FUTURE  
DEFINITELY WON'T MAKE  
YOUR'S BRIGHTER."

