

# The Feelings Inspectors would like Bramble Brae to be bully-free.

Bullying can make a child feel worried, angry, sad or heartbroken. It can get in the way of life. You can't do your work because you are thinking about it. You might be too distracted to learn. The adults in school need to make sure there is no bullying.

*'If our school was bully-free, children would be able to learn without getting distracted and get good grades for going to secondary school and college.'*

- Feelings Inspector and Imagineer, aged 10

*'If there was no bullying every child would be happy and would want to be at school. Everyone would get noticed and Bramble Brae would be the nicest school in the world.'*

- Feelings Inspector and Imagineer, aged 10

## Understanding Bullying by the Feelings Inspectors

Bullying is someone not being kind to you. It is when someone picks on the same person again and again. Bullying can be name-calling, saying nasty things, hitting, punching or not letting someone join in. You might be picked on or made fun of because of your personality or how you look. It could be racist.

Bullying is different from falling out or arguing when someone is not polite. Fights, arguments and disagreements are not bullying. These happen a lot in the playground and you become friends again straight away. Bullying doesn't just happen once or twice. It is constant.

Bullying happens at school when we are not in class, at breaktime and lunchtime and in the playground. It can happen on the streets or in the community. Sometimes it could be by text or online.

Children bully when they are scared or sad. They might bully because they have been bullied themselves or are having a bad day. They might be upset and take their emotions out on other people.



Feelings Inspectors  
Worksheet 2

Children's Parliament  
giving ideas a voice



### The Feeling Inspectors ideas for making a bully-free school:

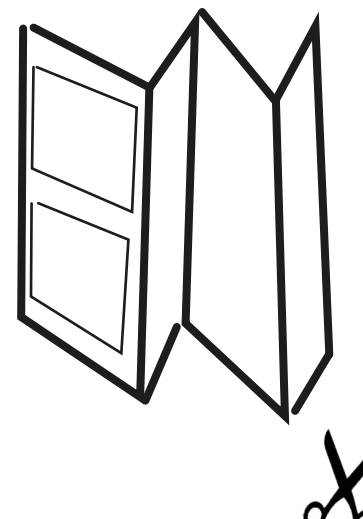
When there is a fight, sometimes the teacher puts both children together outside the office. The children shouldn't be put together. Let them calm down first and then bring them together. Teachers and PSAs shouldn't shout straight away as you don't know what has happened in the child's life that has made them behave in that way. Talk in a nice calm voice. Listen and believe us. Sometimes adults say we are telling tales and we don't feel listened to. Adults should make all children feel welcome.

### Make a comic

Follow these instructions to make your own comic!

1. With the piece of paper to the right  
Cut along the dashed line  
Fold along the dotted lines

**This one!**



Now it should look like this...

2. Now follow the instructions on the pages.

Children tell us that Children bully when they are scared and sad or have problems in their lives. What could adults do to support the bully?

What can the adults in your character's school do to make this better?

What would you do as their friend? How can you make this better for your character? Illustrate this.

Create a character. Someone imaginary who goes to your school. What is their name and age?

Think of a situation where your character might be feeling stressed, angry or sad because of bullying. What is happening in their life to make them feel this way?