



# I am being a bully

- I am being a bully if I keep trying to hurt or upset someone.
- Being a bully means I keep doing things that I should not. This includes:
  - If I call someone hurtful names or I say things to make someone upset.
  - If I try to force someone to do something they don't want to.
  - If I try to hit, kick or hurt someone.
  - If I try to stop someone from joining in with games or being with others
  - If I do things to embarrass someone or make them unhappy.
- Bullying is a really bad thing to do and is against the rules. It makes the victim of my bullying very sad and upset. It also makes adults very cross with me. I might get into a lot of trouble.
- I can make things better. I can stop bullying. I can say sorry. I can promise not to do it again.
- Being a bully is not okay. It is against the rules and makes lots of people very upset or angry.

