



# Anti-Bullying 10 messages for children to learn & share

1. Bullying is when someone keeps hurting, teasing, or threatening another person on purpose. It can happen at school, on the way home, at home, in the community, or even online.



2. Bullying can happen between individuals or in groups, and it affects everyone – making children feel scared, lonely or sad, families worry, and schools are unsafe for learning.



3. Types of bullying are: Physical (hitting, kicking, pushing); Verbal (name-calling, teasing or using mean words); Social/Emotional (leaving someone out, spreading rumors or embarrassing someone in front of others); Cyberbullying – through phones, messages or social media.



4. Every child deserves kindness and respect. Everyone is unique and differences are what makes us special.



5. Say NO to bullying when we see it. Don't be a bystander. Stop bullying by helping and supporting others.



6. If you feel bullied, don't fight back. Walk away and tell an older child, or a trusted adult like a teacher or parent.



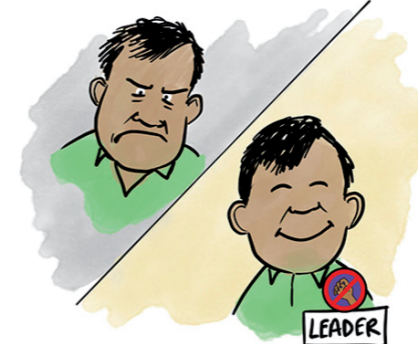
7. Never share or send hurtful messages online. Show an older child or an adult if it happens. Don't stay silent.



8. Everyone is responsible to ensure children feel safe. Together we can make our school a 'bullying free zone'.



9. Children who bully others can change with support, leadership responsibilities, clear boundaries, and consequences to learn better ways.



10. Children who bully others often do it to gain control, or seek attention. Stop a child bullying by standing together.



## Frequently Asked Questions About Our Posters

- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Is it enough for children to learn the messages?** The messages are designed to be 'doorways' to discussion & action. They are for children to understand & use, not just to memorise.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message for this topic.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You can add other short & simple messages.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas like 'bystander' and 'responsibilities' and 'consequences' / Take time to ensure the children understand words, phrases & ideas of lifelong importance.



## Further Information for Educators

On this poster we don't refer to anyone as 'a bully.' We talk about bullying behaviour and that can change. If someone bullies, they can spend time in a quiet room with a teacher maybe memorising messages or anti-bullying slogans and require them to attend a session after school to learn how to help stop bullying and make the school kinder.

Children for Health has developed a storybook and resource book on bullying called, **Our True Colours**. We also have a poster on Inclusion and a storybook on inclusion called **A Mazing Treasures**. The story on HIV and AIDS, **The Girl who was Pushed Outside**, addresses social isolation. Look for these FREE resources at [www.childrenforhealth.org/resources](http://www.childrenforhealth.org/resources).

Teach kindness to children by your own example, using positive discipline tools and by using participatory activities such as the ones in our 'basket'.

With thanks to the Mercury Phoenix Trust for their kind support.

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## Basket of Ideas

- **MAKE** our own Anti-Bullying messages using our own words and in our own language.
- **MEMORISE** the messages so we never forget them.
- **MEMORISE** and use these 10 slogans, one for each finger:
  1. Be a Friend, Do Not Bully Others
  2. Speak Up, Stand Strong
  3. Words Can Hurt, Choose Kindness
  4. You Are Not Alone
  5. Online or Offline, Bullying is Never Okay
  6. Different is Cool
  7. Helping Someone is Never Wrong
  8. Strength is in Kindness
  9. Be the Reason Someone Smiles Today
  10. Together We Can Stop Bullying
- **SHARE** the anti-bullying messages and slogans with friends, families, and neighbours.
- **INVITE** a social worker, police, teacher, or community leader to answer questions about how bullying harms children, families, schools, and the community.
- **MAKE UP** and **ACT OUT** a play to show what happens when someone sees another child being bullied and how to help.
- **OBSERVE** playtime and **NOTICE** if different types of bullying happen. Record what you see and discuss it.
- **WORK** together on a school plan to prevent bullying. Think about:
  - what each child can do for themselves,
  - what one child can do for another,
  - and what children can do together as a group.
- **CREATE** colourful posters with strong anti-bullying slogans for our classrooms and playgrounds.
- **STAND** together and promise to make the school a "Bullying Free Zone".
- **START** a Child Rights Club to support kindness, respect, and safety for everyone.
- **PLAY** the Resilience Dance: "Fall Over! Get Up! Forward 1, 2, 3! Back one! Super Better!" (See **Our True Colours** storybook for more).
- **LISTEN** to and **DISCUSS** stories about bullying - how it happens, how it makes people feel, and what can be done to stop it.
- **WITH ADULTS**, set up a "time-out" space where children who bully can reflect, talk, and join training led by older children or teachers.
- **ASK** each other important questions:
  - Have you ever seen or experienced bullying?
  - How does bullying make people feel?
  - If you are bullied, what can you do and who can you talk to?
  - What does it mean to be a bystander? How can you step up and help instead of staying silent?
  - What can we do together to make a difference at school?

