

Witness and Feelings

Think about these questions

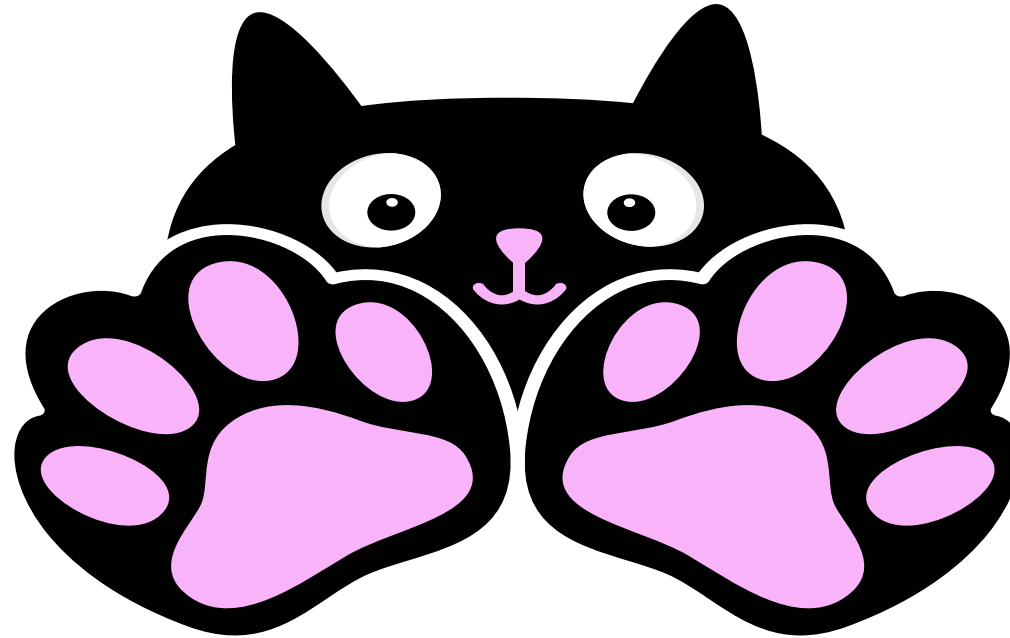
Have you ever seen anyone being mean to someone else at school?

Have you ever felt upset in the playground?

Have you ever fallen out with a friend?

Have you ever felt upset about how you saw someone else being treated in the playground?

This is Jigsaw Jerrie! He is showing you his paws because he wants you to pause and think for a minute.



Take some slow, gentle, deep breaths. How are you feeling right now?

Bullying?!

How would
you explain
to an alien
what bullying
is?



Talk to a grown up
about your ideas.
Do you remember
what you learnt
during Anti-
Bullying Week?

Bullying?!

Bullying is:
intended to hurt
repeated
unfair





It was a bright sunny morning in the playground and all the children were running, laughing and playing games before the start of school. On the way into the classroom Anna brushed past Mark and said 'You're smelly and your trainers are smelly too'. Nobody else seemed to notice. Anna had never been mean to Mark before, so although it was hurtful, he tried to ignore what she had said.

Later that day Mark noticed Anna pass a note around the class while the teacher wasn't looking. Whenever someone got the note they looked at him and laughed. Mark began to feel worried about what Anna had written in the note.

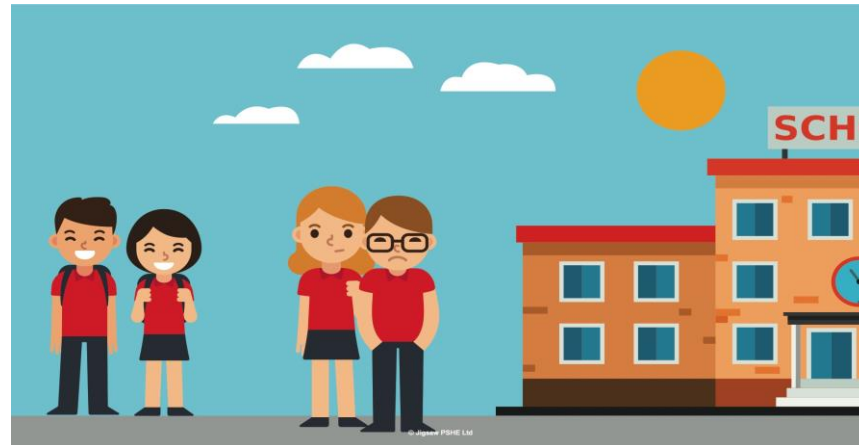
At breaktime Tim and Sita ran up to Mark on the playground and shouted 'cheese!' and then they ran away laughing. Mark didn't know what they were doing, but he didn't like it. He saw Anna laughing and soon everyone else from the class seemed to be shouting 'cheese!' at him and then running away.

Later Anna came up to him and said 'You know that note I wrote. It told everyone you smell of cheese!'

"What have I done to you Anna?" he asked.

Anna just walked away shouting "Cheese!" and holding her nose. Mark didn't know what any of this was about but it made him feel terrible.

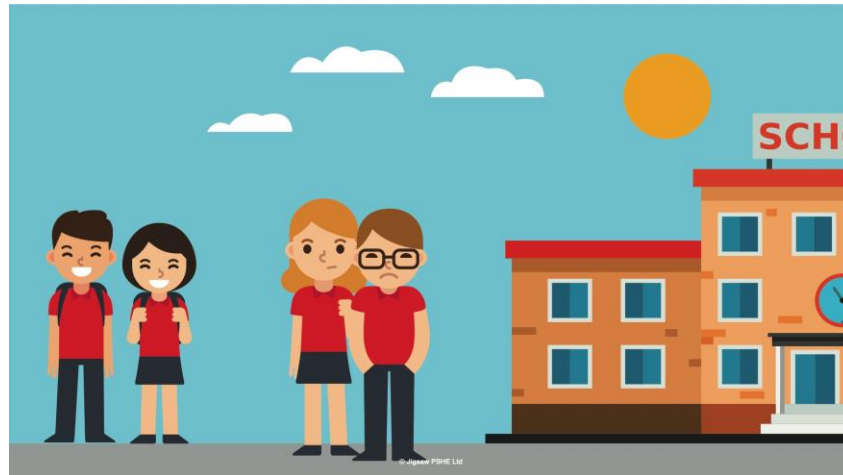
The same thing happened for the next few weeks, every playtime, in the classroom, wherever he was on his own and Anna was near him.



Sometimes other children in the class joined in too. They thought it was a game, but it didn't feel like a game to Mark. Someone even started sending him messages at home.

Mark was feeling more and more unhappy and upset. He could hardly concentrate on his work at school; he also was finding it difficult to sleep and he was beginning to have nightmares.

Mark didn't think his teacher or parents would take him seriously, it would sound silly if he explained that the children were calling him 'smelly' and saying 'cheese'. They wouldn't understand. He thought they would probably just tell him to stand up for himself.



A new boy called Olu joined Mark's class and he began to notice what was happening.

It was always when the teachers weren't looking that someone said something mean to Mark. He felt very upset to see how Mark was being treated. One day, as the class went outside for playtime, Olu waited for Mark and spoke to him,

"Are you OK? That Anna is being pretty mean to you. You should tell someone".

"It'll only get worse if I tell someone." said Mark.
"She hates me already and if I tell she will hate me even more. I've just got to get used to it."





"No, you mustn't let it happen all the time. You must tell a teacher. I'll come with you if you like?"

"Would you really come and speak to the teachers with me?" said Mark, looking at Olu in disbelief. "Of course," said Olu

The two boys spoke to their teacher after school. He listened very carefully and told Mark how brave and strong he had been to tell him everything. He said 'Well done' to Olu for encouraging Mark to say what was happening.





Mark told his teacher what Anna and some of the other children had been saying to him and how he was feeling - sad and anxious.

The teacher told Mark that things would get better and he shouldn't be feeling so unhappy or worried from now on. Mark felt relieved to have told someone what had been happening.





The teacher asked Mark if he felt he could tell Anna and the class how he was feeling but he said he didn't think he could do that. So, the teacher said, "Would it be OK with you if I spoke with them and told them?"

Mark was a little bit worried but he agreed. Olu said he would play with him at playtime if he wanted to so he wouldn't be on his own and this made Mark feel a little better.



The next day the teacher spoke to the class and said that someone in the class was feeling upset and worried about coming to school because other children were being cruel and calling names. Did they realise that this was bullying?

He told the children that it was very unkind to call anyone names at all. How would that make them feel? Would you like being told that you were smelly?"

The children began to look very uncomfortable and sorry.

Anna shouted out, "It was only a bit of fun. I don't see how names can hurt someone!"

The teacher explained that it might sound silly and 'nothing' to someone else but if it is done to you every day to make fun, it is very upsetting.

The teacher went on to explain that the person was feeling sick inside as they had no one to play with and always felt scared that they would be called names or laughed at.





The teacher then asked the children if they could help solve the problem. They were uncomfortable and looked shocked that someone could be feeling this way from their silly game.

"I didn't realise it was that bad. It was just a laugh.", said Anna who looked like she might cry.

"Well", said the teacher, "now we know how this person has been feeling, I wonder if you can think of any ways to help?"





The class had lots of great ideas, including saying they were sorry to Mark. Soon Mark was happy again at school, thanks to everyone in the class (even Anna) being more thoughtful, responsible and kind.



Can you think what you would do to help someone who was being bullied in your school?

Draw around your hand on a folded piece of paper. Make sure the side of your hand is on the fold. Cut around the outline but not along the fold. Open out your two hands and write your ideas on them.