

What Might Happen

Next?

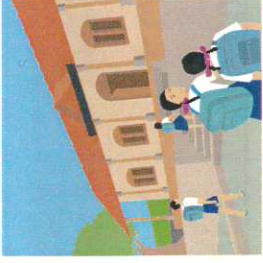
Once the bullying has stopped, further help might be given by other adults or a buddy to help you feel confident again.

Parents will be told what actions have and will be taken.

Ways to Stop Bullying!

If you feel unhappy, tell an adult or friend and get them to help you explain your problem.

It does not matter who you talk to so long as the problem is sorted out and the bullying stopped.



We come to Admirals Academy to learn.

If someone is being mean to us everyday, it stops us from achieving our best.

Use these tips to help keep yourself safe and happy.



By The Academy Council
of Admirals Academy



Anti-Bullying Booklet

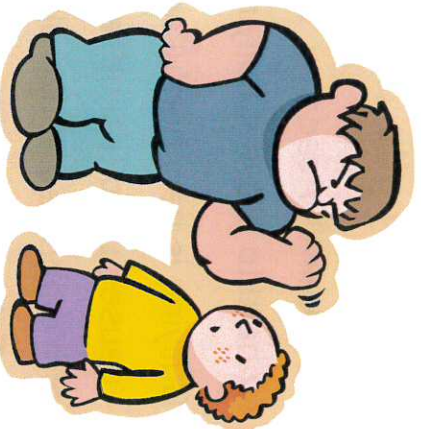
**Information for
Pupils**

At Admirals Academy, we try hard to prevent bullying.

Bullying is very hurtful and causes us to feel upset, afraid and sad. It can also affect our learning and behaviour.

What is Bullying?

Bullying is when someone keeps repeatedly hurting or being mean to someone else. This can happen in lots of ways, including online. It is something that needs to be stopped.



Don't be Scared to Tell!

With bullying, the best thing to do is to tell someone.

It could be anyone:

- **A teacher**
- **A helper**
- **Someone in your family**
Or even
- **A friend**

It is important to tell someone in order to get the bullying to stop.

At Admirals Academy, we have Tootoot where you can report any sort of bullying online.

Bullies just want to feel powerful.

If the Bullying Does Not

Stop!

If the bullying carries on after you have told a teacher,

tell them again.

Don't worry if the Principal or

Assistant Principal becomes involved.

They will talk to parents of the bully and the bullied.

We want EVERYONE to feel happy and safe in Admirals Academy.