ONECOPSTOP

KEEPSAFEANDKNOWTHELAW

ANTI BULLYING WEEK 2020

What is bullying?

Bullying is when someone, or a group of people continue to be mean or nasty to another person or group. Sometimes this happens when we are at school in lessons or on the playground but it also can happen when we get home on our phone or computer.

Its really important if someone hurts us, pushes us, takes things from us or says hurtful things we tell a teacher or parent so they can help us. Sometimes this might mean you meet a Police Officer who will also help you.

LETS STAND UNITED AGAINST BULLYING!!

Monday 16th November 2020 - Friday 20th November 2020

Fun & Games

Join us wearing Odd Socks this week for anti - bullying week!! This is really fun, we wear miss-matching socks to show people what makes us different, we can show others what makes us laugh and our favourite colours!

Bullying can leave us feeling sad, upset and alone. Its really important if you feel you, or another person are being bullied we speak to someone we trust.

PARENT HUB

For advice on how to support your child or a child you know visit;

www.nationalbullyinghelpline.co.uk

www.suffolk.police.uk/advice/crime-prevention-z

NEED SOME HELP?

Talk to your parents, a guardian or teacher about what is concerning you.

Childline - 0800 1111 (a free confidential helpline where you can discuss any bullying concerns.)

National bullying helpline - 0300 323 0169

#Antibullyingweek

#Oddsockday

SUFFOLK CONSTABULARY