Help keep yourself and your friends safe by becoming an Eyes and Ears Agent.

Ask your teacher if you want to do more and become an Eyes and Ears agent!

**Say yes to**:

• feeling good and being kind to people

• letting someone know if you see bullying

• taking the time to listen when someone is sad

• being a positive young leader of the future

**Say no to:**

• carrying knives, they can cost lives

• graffiti that can make people feel hurt and sad

• bullying, it can affect people’s lives

• drugs, they can destroy lives



**Top tips for dealing with bullying**

**1.** Report it. Unless you report bullying to an adult, it’s very unlikely that it will stop. Talk to someone you trust about what has been happening. This could be a parent, a family friend or a teacher.

**2.** Protect yourself online. If you have been experiencing cyber bullying as well as telling a trusted adult, you should also report abusive messages or phone calls. It’s also important to use privacy settings on social media, and to block bullies from being able to contact you. You should not respond to bullying remarks, as this will only make the situation worse

**3.** Remember that you are not to blame. Bullies will often target others based on ‘difference’, which can sometimes make it seem like you are to blame. But you are not.

**4.** Build up your confidence. Bullies will often pick on people who they think won’t stand up for themselves, as it means they can get away with it. Learn how to say ‘no’ and be confident. You are not alone, report it or speak to a trusted adult.

**5**. Choose friends wisely. Bullying can be very subtle and can even come from the people who are meant to be your friends. Good friends support you, make you feel good about yourself and encourage you to behave in positive ways.

**How to say no**

Saying ‘no’ to friends can be very hard sometimes. You may be afraid of what they will think of you if you didn’t go along with them here is a good way to say no and still be cool.:

**1** Say what the problem is

“That’s mean” or “That’s illegal” etc.

**2** Suggest something else to do

**3** If your friends insist on doing it anyway, leave.

Sometimes you can make it easier on yourself by preparing in advance for a possible pressure situation.

Here are some things you can do ahead of time

**1**. think ahead and try to anticipate problems, or possible problems.

**2**. decide in advance what you intend to do

**3**. think of some good ways to handle the situation if it arises, or some good ways to avoid the situation all together.

**Questions to ask:**

It is better to go along with the crowd than make your own choices? Do you agree or disagree? Why?

What is peer pressure and what does it have to do with making choices?

Who can you talk to?

Can you find the people that might be able to help below?

Friend - Doctor - Guardian - Police - Parent Dinner lady - School Nurse - Fire fighter

Teacher