



# Years 1 and 2

## Being Happy at School

A Child Friendly Child on Child Abuse Policy

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## Being happy at school

At school we want you to feel safe and happy.

At school we learn to be kind to each other.



When someone is **not** kind we want to know.



Tell me so I  
can help.

## Ways of being unkind

Sometimes we hurt people but we don't mean it. When this happens we say **sorry**. This is what happens **most** of the time in school.



Sometimes you may get **hurt** on **purpose**.

They may hurt you by kicking or hitting you.



They may hurt you by making you **feel** silly, calling you names or making you feel **left out**.

## Bullying

***Bullying is when you keep picking on someone because you think you are better than them or in charge of them.***

- Calling someone **names**.
- Hurting your **feelings**.
- Not letting you **play games**.
- Making fun of someone's **size**.
- Making fun of the **colour** of **skin**.
- Making fun of the way someone **talks**.
- **Pushing, Punching** or **kicking**.



## Being Friends

When we are friends it should make us feel **good** and **happy**.

Words for **good** friendships:

fun honest share listen safe trust equal  
support



Words for **bad** friendships:

push hit bossy scared angry nervous sad  
alone



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR



**P** RIVATES  
ARE PRIVATE

**A** LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP



## What do I do if I am being hurt?

The first thing you should do is **tell someone**.

You could tell the **person**, tell a **friend** or tell a **teacher**.



You should **try not** to:

- **Do** what the person says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.

## Who can I tell?

If you feel sad or upset **tell someone**.

If your **friend** feels sad or upset **tell someone**.



You can tell a **teacher** or an **adult** at **school** or at **home** and they will **help** you.



**Let's keep St Cuthbert's a happy place!**