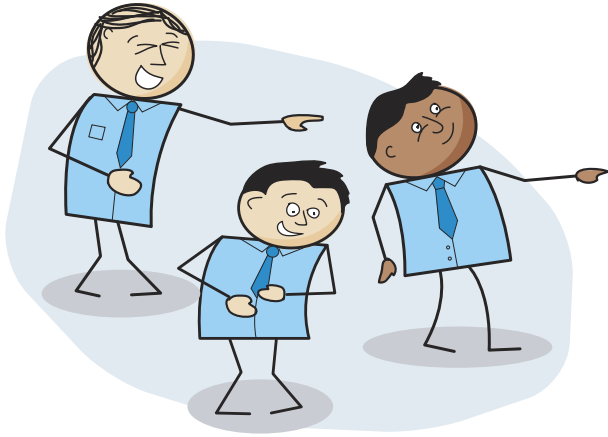


# G'day. This is me...

...and the pests



(and Tizzy)

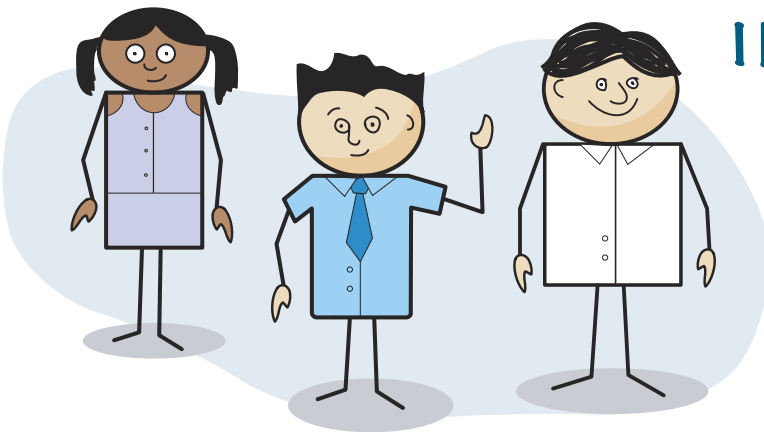
...and the bullies



and we go to a school  
near you.

I used to **worry** a lot about going to school

I liked **playing** with my friends...



I even liked some of the school **work**  
(but don't tell my teacher or she will give me more!!)

## But I didn't like being **teased and bullied!!**

Sometimes I felt **sick** before going to school



...and when I got to school I **hid** in the library  
...or behind a tree  
...until my friends arrived



Sometimes I was called **names**  
...Sometimes **left out** of games



Sometimes my friends and I were **chased**  
...into the toilets...  
...behind the buildings... where the teachers couldn't see...

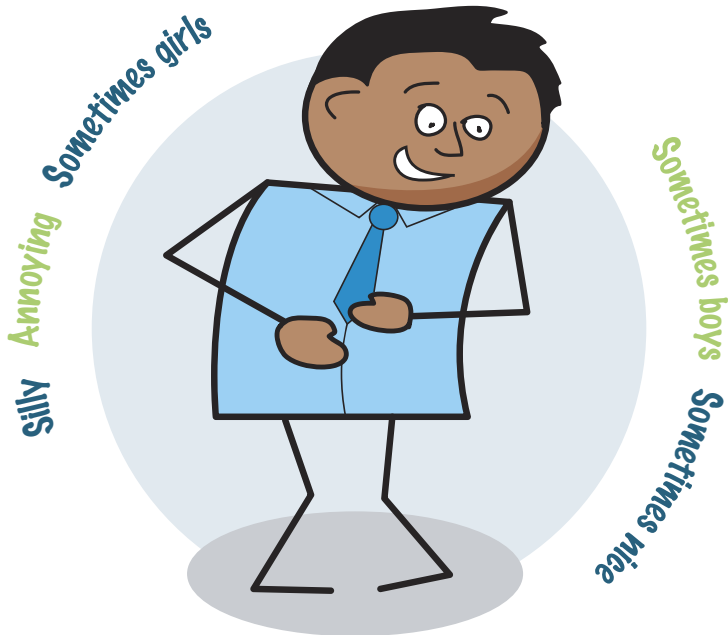
and we didn't like it

# Has this ever happened to you?

(it happens to everyone sometime or another)

And do you ever feel **sad** or **mad** or **bad** about it?

And have you ever noticed that some kids are **pests**  
while others are **bullies**?



Pests are silly or annoying  
Sometimes they do what the bullies say  
Sometimes they are nice on their own  
But they usually stop when you ask them to



Bullies are mean and hurt your body or feelings  
They get others to be mean too  
They don't usually stop when you ask them

Anyway, I got sick of all this worrying so I told mum and dad  
**and guess what? They believed me!**

Mum said she would help me work out a plan to **stop** it and dad  
said he would talk to my **teacher**

First mum said I had to learn to **think straight**

Just because they said  
I was an orange-faced  
nerd doesn't mean I  
am one

Lots of people  
like me

I can work out  
what to do

It's OK to get help if I  
need it

Just because some kids  
tease me doesn't mean  
there is something  
wrong with me

I'm getting stronger  
every day

I like being me



Draw you

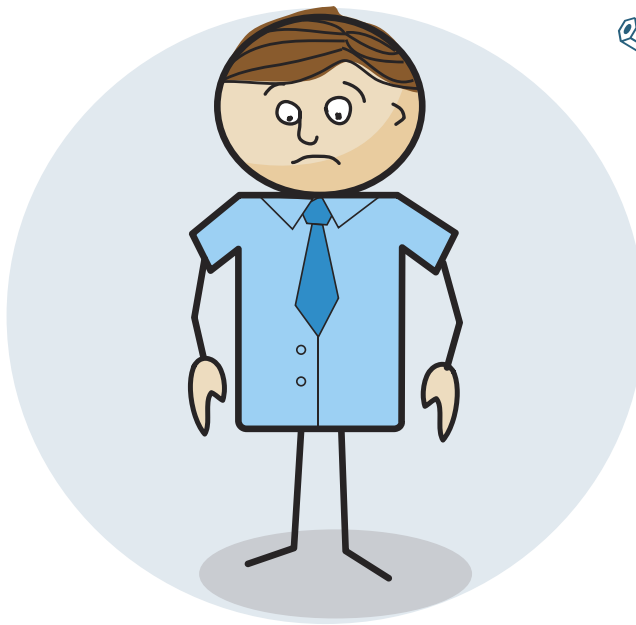
I'm OK just the way I am  
And I am growing the best **ME** I can everyday

# Keeping calm

When I get upset I feel funny in my tummy...

my sister feels tight in her neck and shoulders...

my friend gets tight fists when he is mad or stressed.



 Draw where you feel

## My Calm Plan

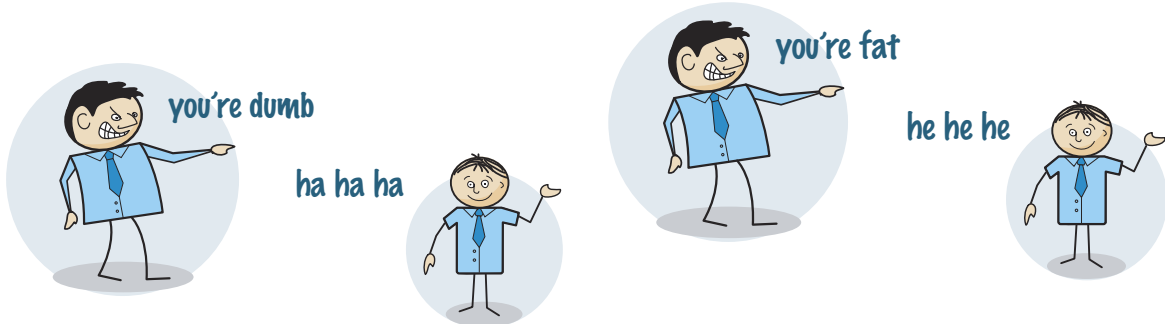
1. Water - get some - it helps cool me down
2. Think... 'calm down'... 'be brave'... 'I can work it out'...
3. Breathe evenly by counting my breath...

**123 in - 123 out, 123 in - 123 out**

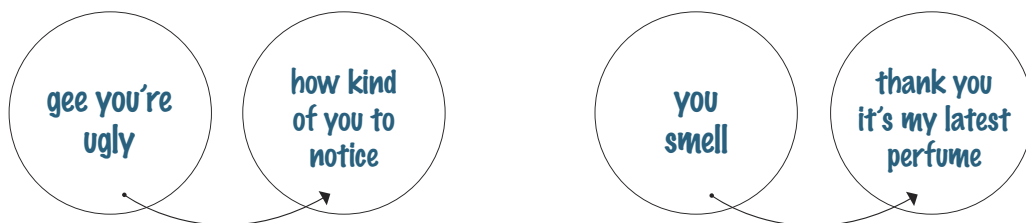
4. Go for a walk... or a ride... or a run... or play with my friends or Tizzy (my dog)
5. Remember my safe place while tapping my warning spot  
beautiful, relaxing and calm... like a forest... mountain... beach... relax

# My Pest Plan

1. Try **laughing** at what they say



2. Try saying something **funny**



or... **'who cares'... 'tell the hand'... 'whatever'... 'I don't care'**

**BUT DON'T BE MEAN**

3. Say... "When you call me fat I feel annoyed and I want you to stop or I will get help"  
Or say... "Stop it or I'll get help"

4. Try **walking away**

5. Try **ignoring**

6. Stand up tall and act **confidently**

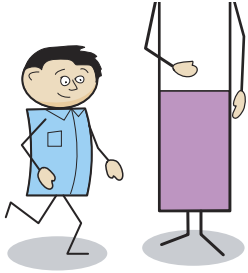


**BUT...**

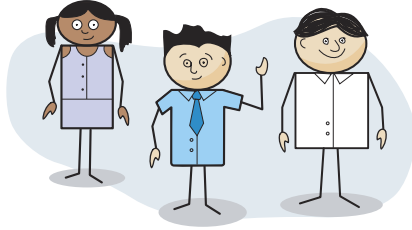
...bullies don't always stop when you ask them to and they sometimes follow you when you walk away, so you need a **different** plan

# My Bully Plan

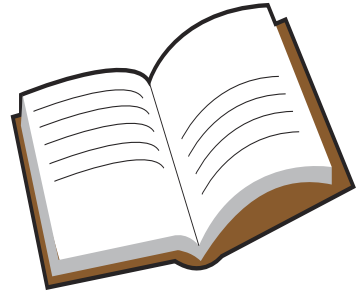
## 1. Go somewhere else if I feel uncomfortable



walk towards a teacher



stay near my friends



go to the library

## 2. Always be polite (to everyone as well as a bully)

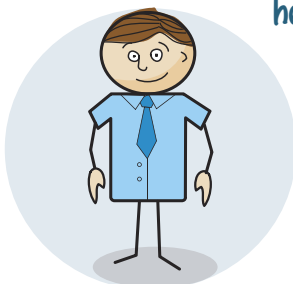


## 3. Stand up tall and act confidently near bullies

shoulders back

breath evenly

look brave



head up

look at the person

relax your hands

## 4. Get help from adults if a bully will not stop



please help me



So I practiced my plans with mum and Tizzy (my dog)...  
...and dad told my teacher about it.



think "calm down"

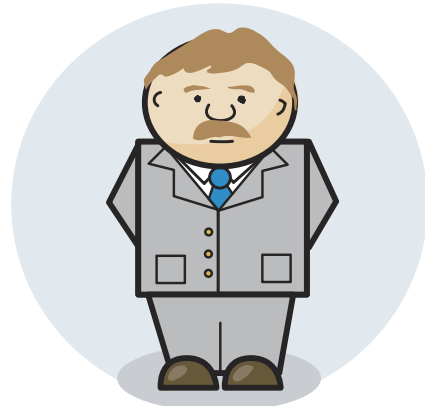


say "stop annoying me"

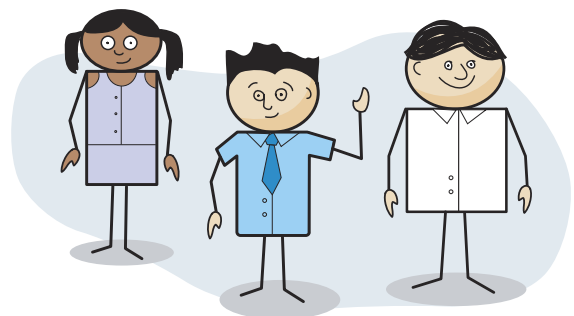
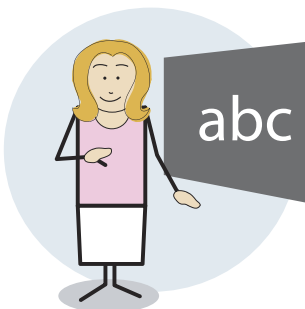


walk away and get help

At first I thought it would get worse because I told some adults but the kid's helpers at school got the teasers to stop. It took a while for some kids to stop so I got to practice my plan and guess what? It worked!!



Kid's helpers  
at my school



Now I have fun at school. I know what to do about pests and bullies and who to ask for help. Sometimes you have to ask lots of people to help but things will turn out better if you try different ideas and keep asking for help...

just like I did!



## Here are some questions for you about pests, bullies and you



1. Do you get teased at your school? Yes      No
2. How bad does it make you feel? 1/10   3/10   5/10   7/10   10/10
3. Do other kids get teased at your school? Yes      No
4. Tick who you would get help from if you were being teased or bullied Teacher      Mum or Dad  
Friends      Counsellor  
Headteacher
5. What is a funny thing you could say to a pest if they called you stupid? (like "very funny" or "whatever" or "who cares")  
.....  
.....
6. Is this kid a pest or bully?
 

• A kid who always takes your lunch	Pest	Bully
• A kid who swears in a game	Pest	Bully
• A kid who stops calling you names when you ask them to	Pest	Bully
• A kid who gets others to ignore you	Pest	Bully
7. What would you do if a kid said he would get you back if you told?  
.....  
.....
8. Tick what you do to relax and stay calm
 

<ul style="list-style-type: none"> <li>• Get a drink of water</li> <li>• Count my breaths</li> <li>• Ride my bike</li> <li>• Tell myself 'stay calm'</li> <li>• Play with my friends</li> <li>• Talk to people</li> <li>• Sing songs, listen to music</li> </ul>	<div style="border: 2px dashed black; height: 200px; width: 100%;"></div>
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9. Draw your imaginary safe place in the box on the right

Anyway, I made up this really good game so you could practice how to get on with pests and bullies

**HAVE FUN!**