



Sometimes you need to **STAND UP & SPEAK** out but remember you are not on your own: Go and speak to your teacher or Mrs. Giblett about your problem. Bring a Play Buddy, a worry friend or any friend with you if you feel a bit worried or scared.

MAKE SURE, you share your worry with someone in school before you go home. It is easy to solve a problem when it happens.

Don't leave it too late or too long.

Try not to worry about getting yourself or others into trouble if you share your problem. Let us know if you would like just a little help to solve it. Adults will try not to get involved & let you use the 5 Friendship Steps. We will only get involved if we feel you or others are being hurt or harmed. We want you to be **able to solve your own problems**

You don't have to follow the steps in order.

Choose the step that will help you most.

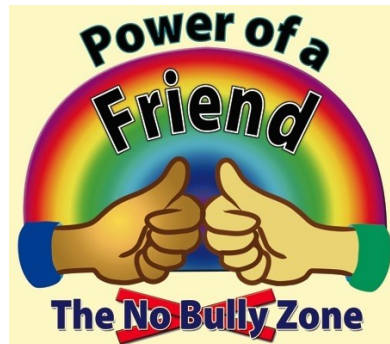
Remember

The lunchtime supervisors and other adults on duty keep you safe in the playground especially if they know there is a problem to look out for.

They always do something about reported problems, even if you can't see that happening.

Every Wednesday teachers talk about Children Matters at their staff meeting and we talk about how to keep each one of you safe and happy.

Any child can pop in to see their teacher or Mrs. Giblett for a chat if they have a problem. You may not want your teacher or Mrs. Giblett to do anything except for you to let them know how



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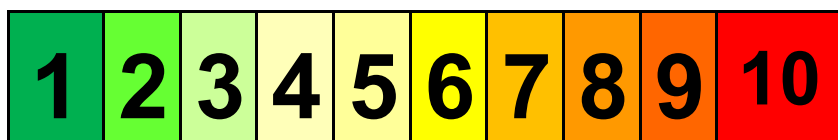
Friendship

Code

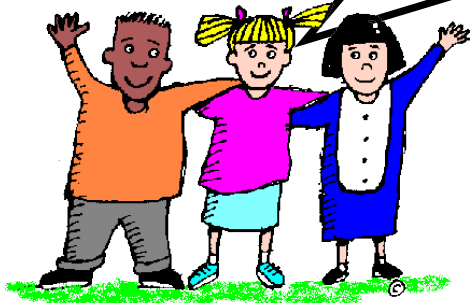
Being a friend isn't always easy, you may have different ideas and feelings. To be a good friend you need to **TALK, LISTEN** and **RESPECT**.

Sometimes just **TALKing** to your friend will sort out your problems. Make sure you **LISTEN** to your friend's view. Even though your friend may think something different to you try to **RESPECT** their opinion and ideas. Try to agree to disagree!

By using the Friendship Code Steps and the Feelings Spectrum, we can work through disagreements and problems.



Remember to have a good friend, you must be a good friend !



FRIENDSHIP CODE STEPS

Try the following steps



Step 1 **Slow down & step back:** Don't react or judge too quickly if you fall out with someone. Check if it is an accident or a mistake. Don't gang up against a friend or friends if you have fallen out with each other. Remember to try and use the **T.H.I.N.K.** strategy Try & find a quiet place to sit & talk it through.



Talk about your feelings: Let the other child or children know how you are feeling. Don't let others get too involved in helping you to sort it out. Don't listen to gossip or rumours. Think if you may have done anything to cause this friendship problem. Let your friend(s) know how you are feeling. Remember the power of **S.T.O.P.** **TELL** them.....
"This is making me sad, please stop". "This is upsetting me, please can we sort it out?"

Take yourself out of the problem:... **STOP, WALK & TALK**

- Tell the other child or children to stop again and tell them that you will be asking for help if it continues.
- Go into another playground & find someone else to play with
- Go talk to a Play Buddy and ask them to help you find someone else to play with.
- Find a worry friend & ask them to help you to decide what to



Get some advice from an adult: Look at your hand. Who are your **TRUSTED ADULTS** in school. Share your problem with them as they will have lots of ideas



Use a phrase like "Can you help me please? I've got a friendship problem that is making me sad"
Don't forget to keep talking to the lunchtime supervisor if the problem continues or even better, let him/her know if the problem stops. The lunchtime supervisor or another adult may want to share the problem with your teacher or Mrs. Giblett.