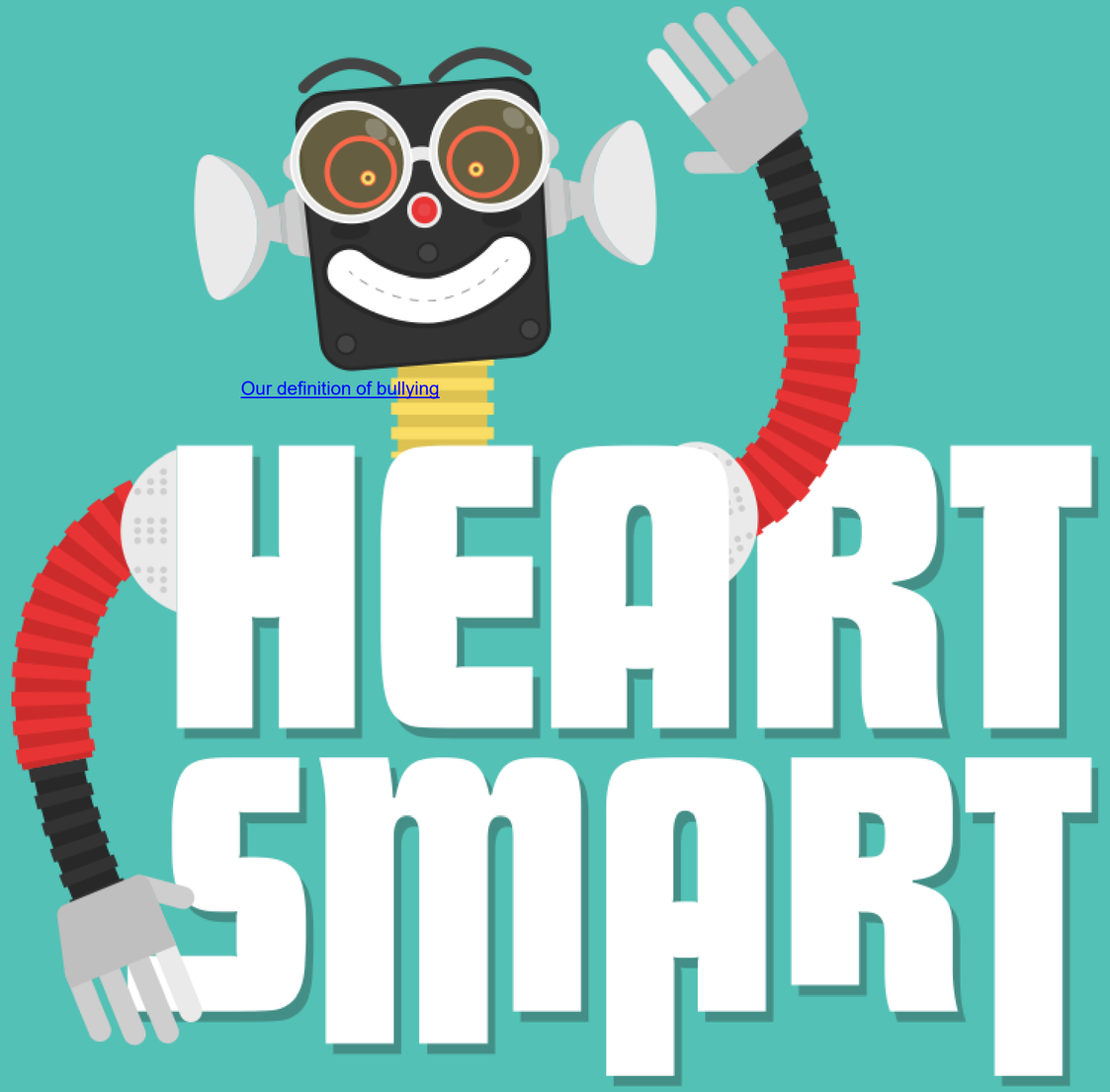
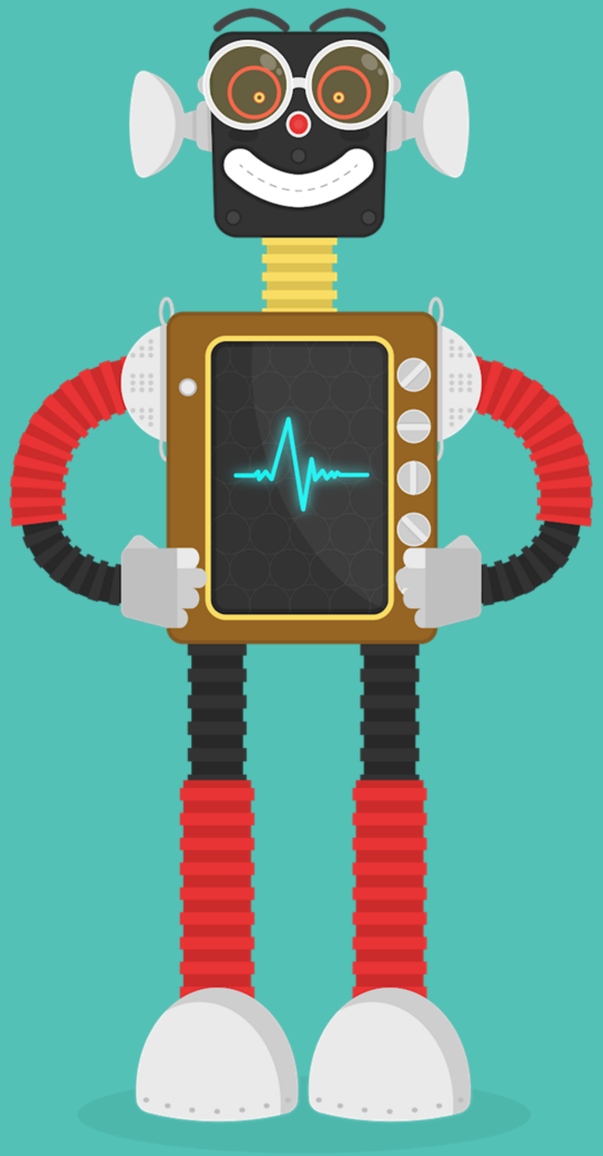
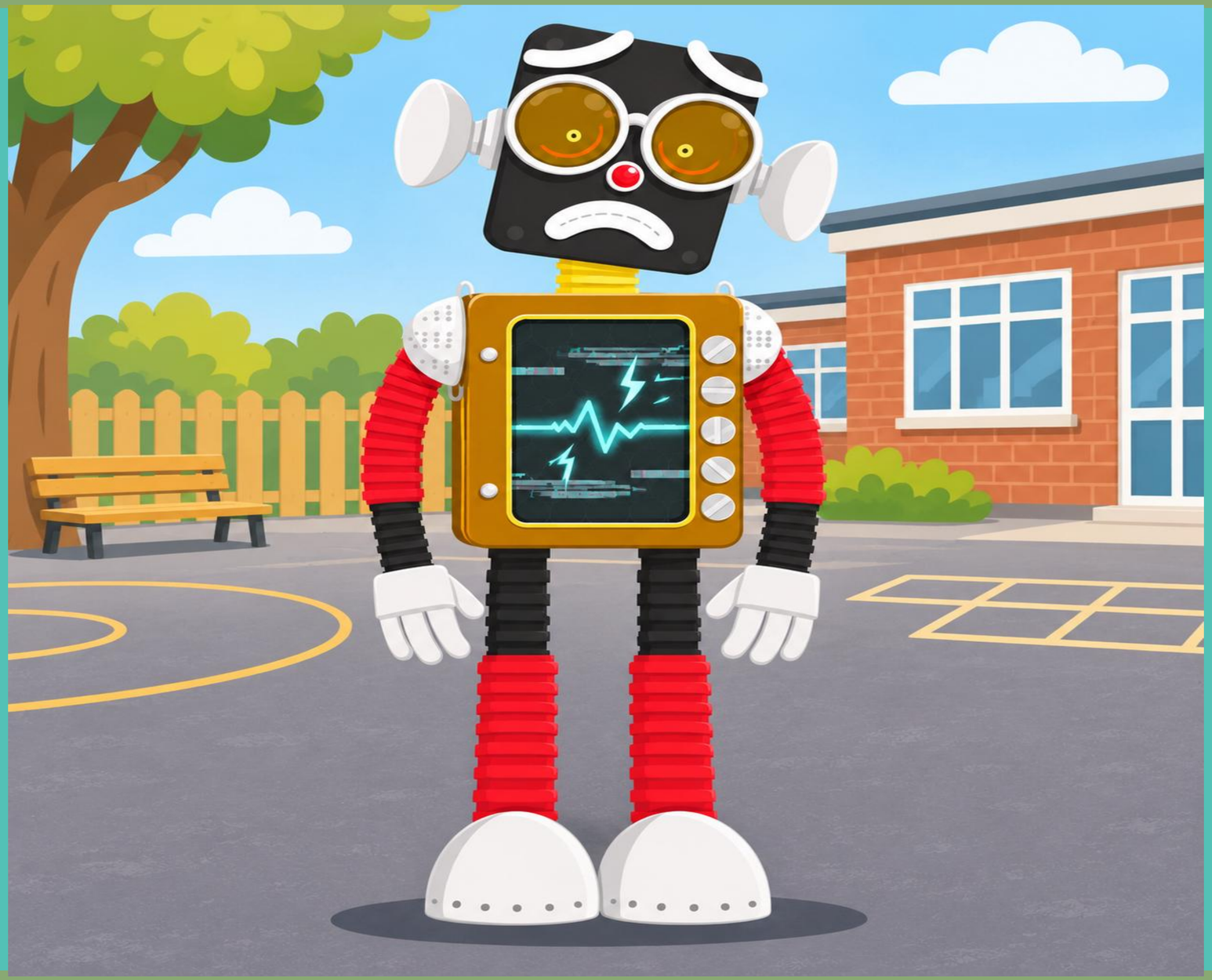

Our definition of bullying
HEART
SMART



Break the silence

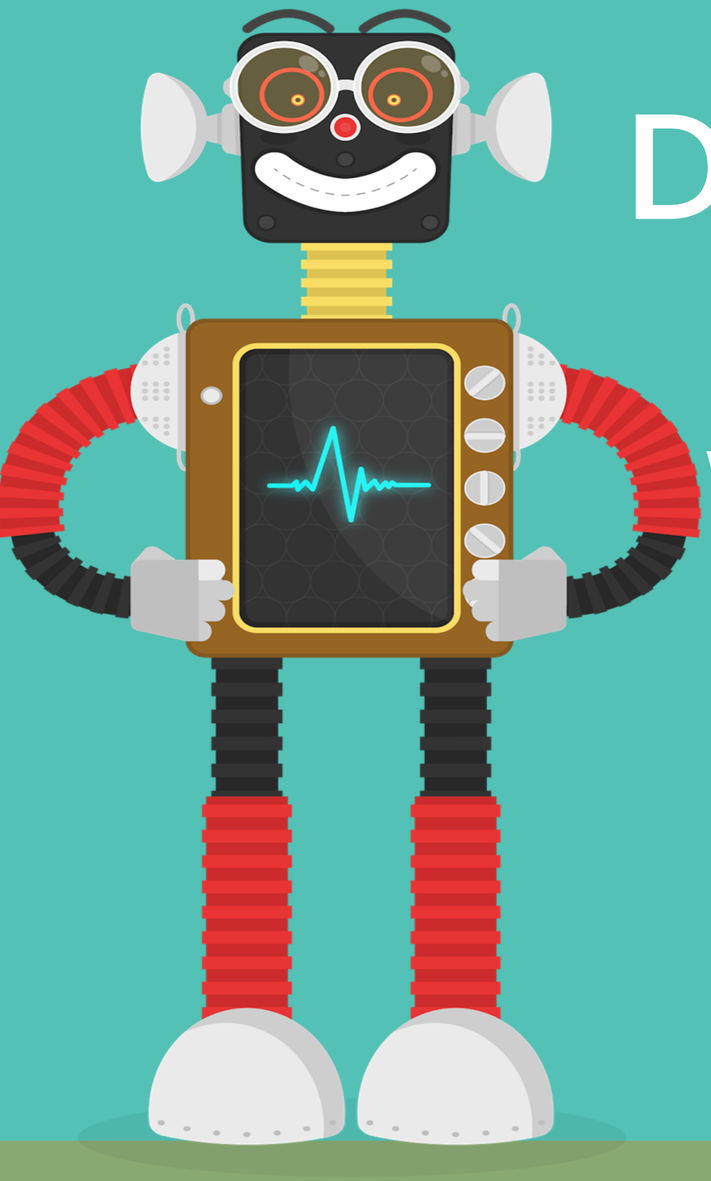
Break the silence




A MESSAGE FROM BORIS
"I've been trying to send messages of love and kindness, but something is interfering with my signal.
I've seen some things happening that have made me feel sad.
Some people are being left out. Some are being laughed at. Some are receiving unkind messages.
And the strangest thing is... lots of people have seen it happening, but nobody is saying anything.
Can you help me?"
Love from Boris x

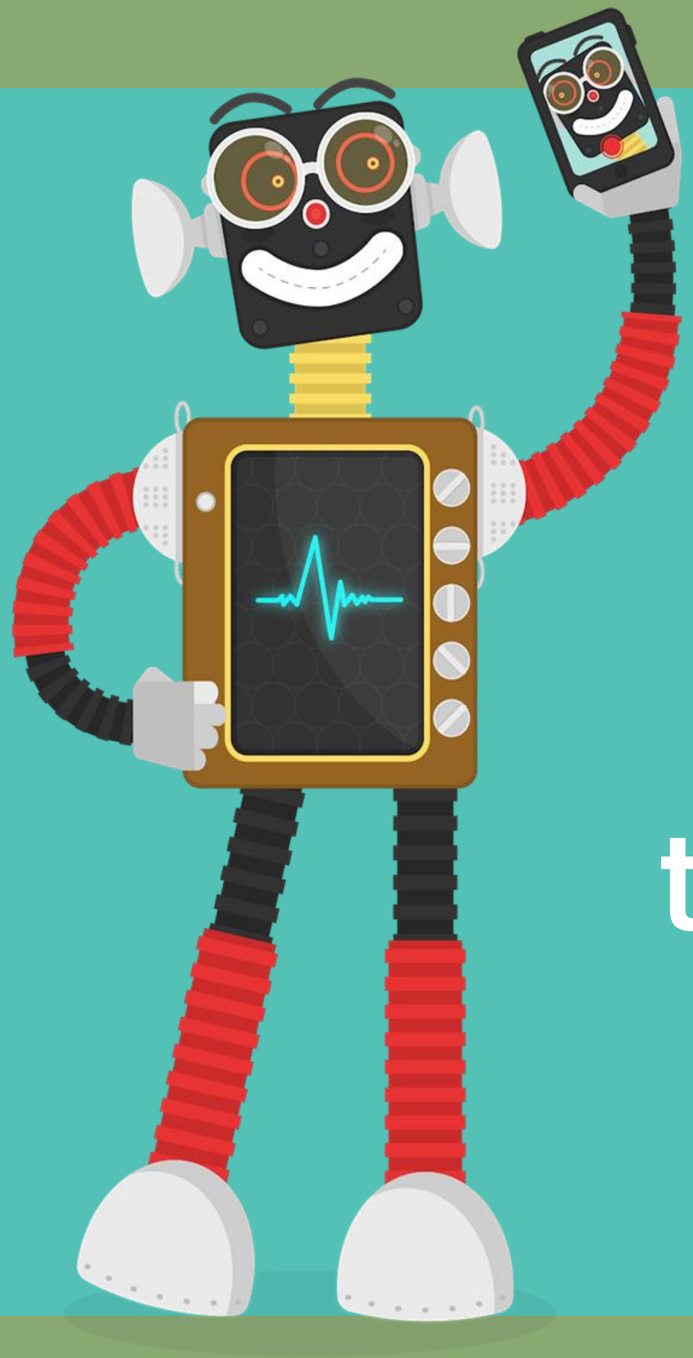
Where can bullying happen?





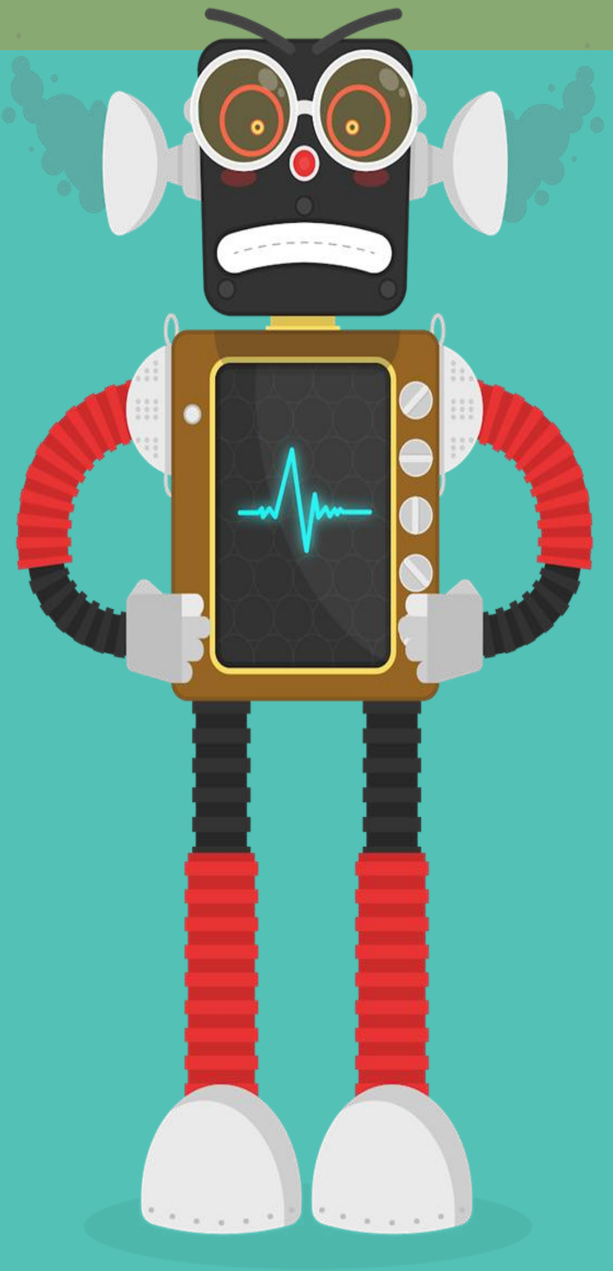
Don’t forget to let love in

What could you do today to help people feel they belong?

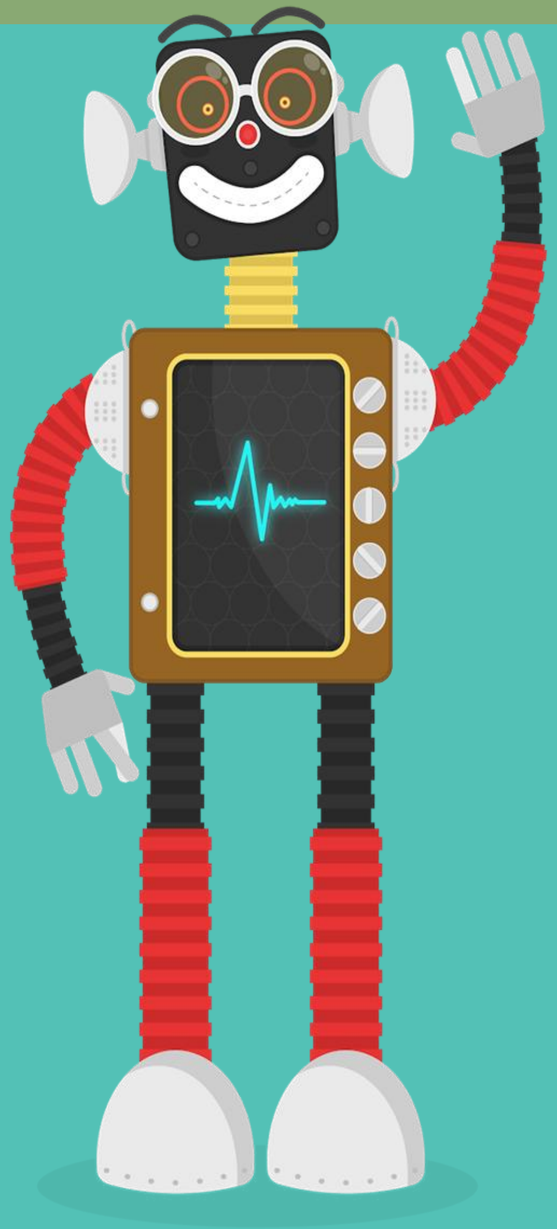


Too much selfie isn't healthy!

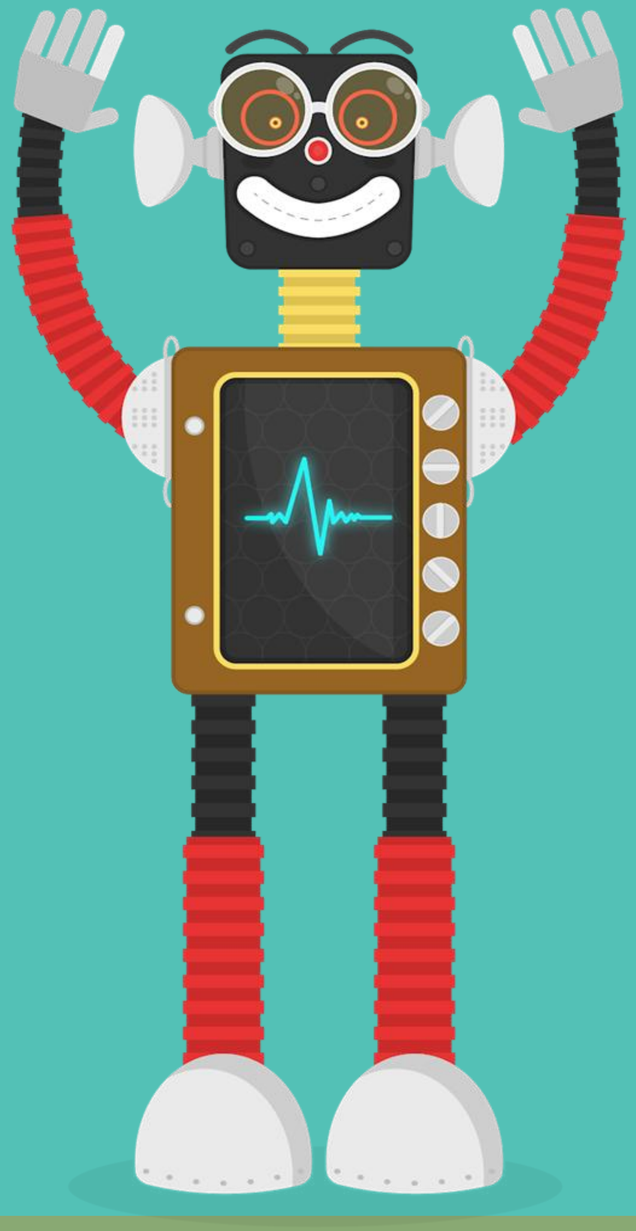
What could we do rather than trying to look good at someone elses expense?



Don’t hold onto what’s wrong!



Fake is a mistake!



No way through isn’t true!

Scenario 1: The playground





Imagine you're in the playground. You notice that the same child is being left out of games every lunchtime.

Other children laugh when they ask to join in.

What could you do?

HEART SMART

Scenario 2: The group chat



Imagine you're in a group chat. Someone starts sending unkind messages about another child.

Other people begin laughing and adding their own comments.

What could you do?

Scenario 3: The bystander





Imagine you see someone being laughed at. You know it's wrong, but you don't say anything because you don't want to get involved.

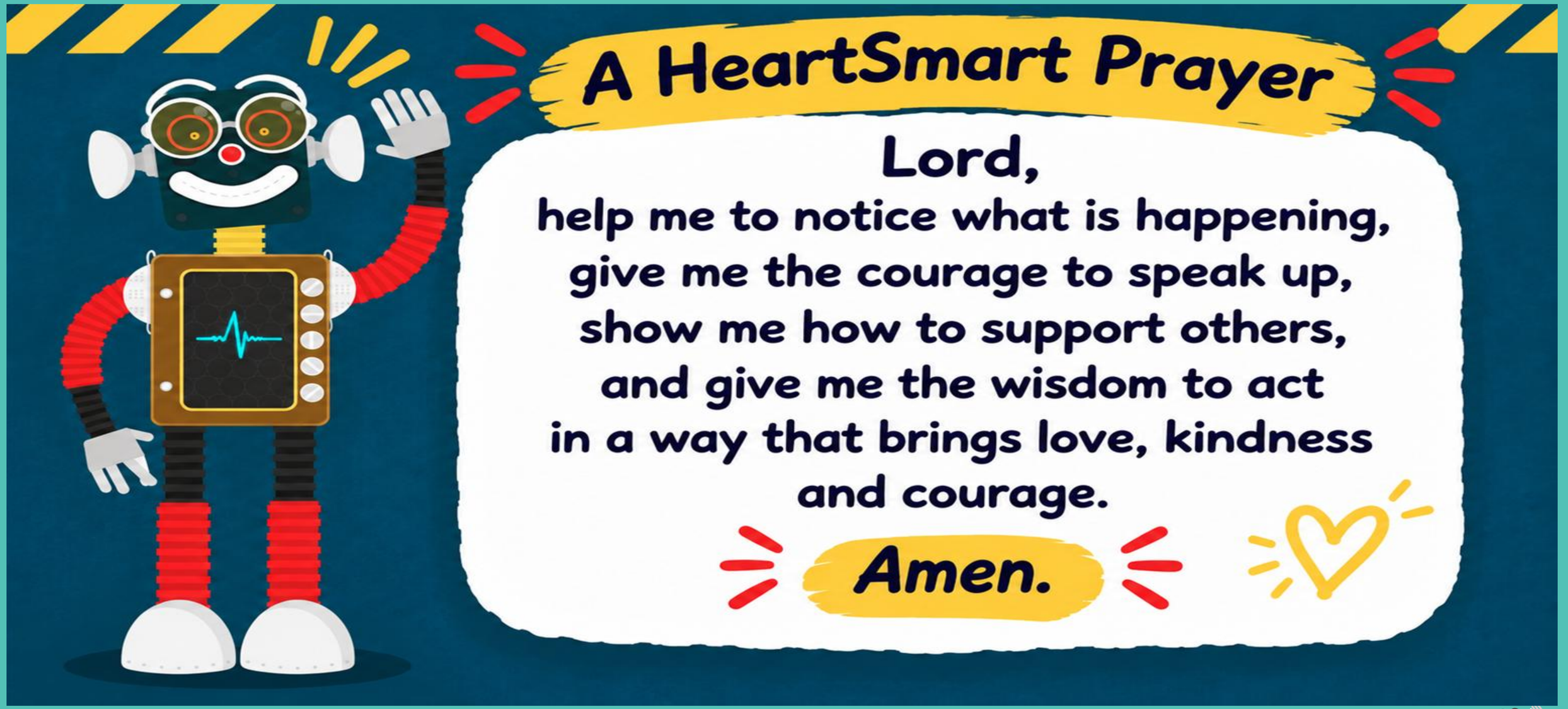
What might be a better thing to do?

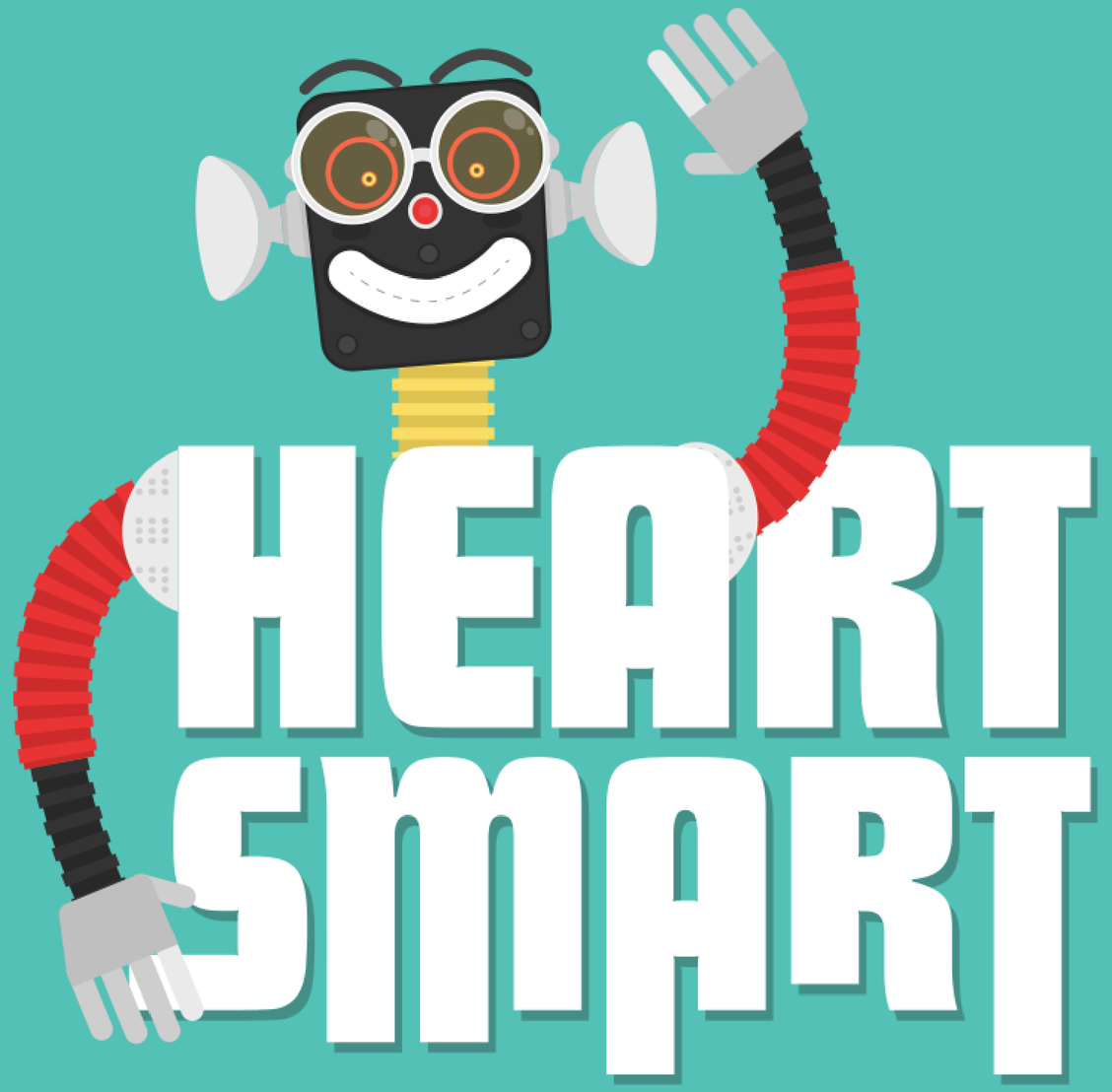

Notice
Speak
Support
Act

Break the silence




Our HeartSmart Promise
When someone is left out...
Let love speak louder!
When someone is being hurt...
Let love speak louder!
When we see something that isn't right...
Let love speak louder!
When someone needs a friend...
Let love speak louder!
When someone needs help...
Let love speak louder!
Presenter says...
Children say...


A HeartSmart Prayer
Lord,
help me to notice what is happening,
give me the courage to speak up,
show me how to support others,
and give me the wisdom to act
in a way that brings love, kindness
and courage.
Amen.


HEART
SMART