



November Bulletin

Safer Crossing Places

Have you ever tried to cross a road on your own?

Have you found some roads are easier to cross than others?

Busier roads can be harder to cross but it doesn't mean they're more dangerous. Quiet roads are dangerous too.

Always look for a pedestrian crossing

Always use the Green Cross Code

STOP
LOOK
LISTEN
THINK



What are pedestrian crossings?

These are places for people walking and using the pavements to cross the road.

There are many different types. Such as Zebra crossings, traffic islands, subways and footbridges.

There's also light controlled crossings like Pelican crossings. Always wait for the green man to appear first.

But remember, just because the green man is lit doesn't mean the cars have stopped. Always check first.



ANTI-BULLYING

Bullying can happen anywhere and be about anything. It is not okay.

Bullying is repetitive and can make us feel upset, angry and lonely.

Sometimes the bully won't realise they are bullying someone.

They may think they are just being funny as their friends laugh.

Trying some of these tips may help.



Tell an adult you trust like a family member or teacher

Write down what is happening

Write down when it is happening

Take screenshots for evidence

Don't say nasty things back. Be the better person

Practice being assertive

Try to leave the situation

Ask for help from someone close by

Think about your own actions

Think about the words you say to others

Could someone think you are bullying them?

Call ChildLine for advice or go on their website

Have friends who make you feel good about yourself. If someone is always making you sad, they are not a real friend. Be kind to yourself and do things that make you feel good. Try a new hobby and make new friends. There are all sorts of different clubs to choose from and those friends will have similar interests. You could try out art, a new sport, dancing, acting, chess and many more.

