

# Anti-Bullying

## What is Bullying?

Bullying is something that can hurt you on the inside or on the outside.

Bullying is done on purpose, it's not an accident. It can aim to hurt a group of people or just one person and can be done by a group or just one person.

Bullying happens more than once. The bully/bullies do it over and over and over again.

## Bullying can be...

**EMOTIONAL:** Hurting your feelings, leaving you out

**VERBAL:** Being teased, saying unkind things

**PHYSICAL:** Punching, kicking, hitting, pushing

**RACIST:** being called names because of your skin colour or religion

**CYBER:** Saying unkind things on text, email or online

## When is it Bullying?

**S**everal

**T**imes

**O**n

**P**urpose

Our promise to you is we **ALWAYS** treat bullying seriously.

You have the right to feel happy and safe at our school.

## Who can you tell?

Any trusted adult in school

Any adult at home

A friend

If you are being bullied...

**Start Telling Other People**

## What will happen if someone is being bullied?

We promise to listen to what you tell us, we will support you and take action. We **DO NOT** want **ANYONE** to be bullied.

If you are being unkind to someone, you can talk to an adult in school and we can help you to make things better.

**Remember...we listen...we support...we take action**