

If you are being bullied:

DO

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.
- Go and find an adult to tell.



DON'T

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



What should I do if I see someone else being bullied?

Don't walk away and ignore the bullying. Let the bully know what is happening. Tell the bully to **S.T.O.P.** if it is safe to do so. Don't stay silent or the bullying will keep happening. Be an **upstander**, not a bystander. Go and tell a nearest adult or an adult you trust in school. Speak to your family about it.

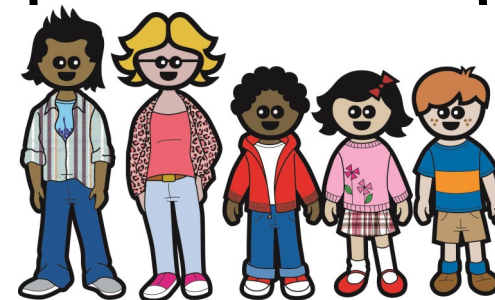
St Mary's Aims:

We will all work together to **S.T.O.P.** bullying. We want our school to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy. To deal with bullying in schools, we will help everyone:
To get on well together
Respect and understand each other
To believe that everyone has the right to be who they are.
To speak positively about each other.
To be kind to each other.
To learn how to be respectful in school and online at home.



Speak to an adult in School.

St Mary's website: has an anti-bullying page. NSPCC Helpline
0808 800 5000



Anti-Bullying Policy For children St Mary's

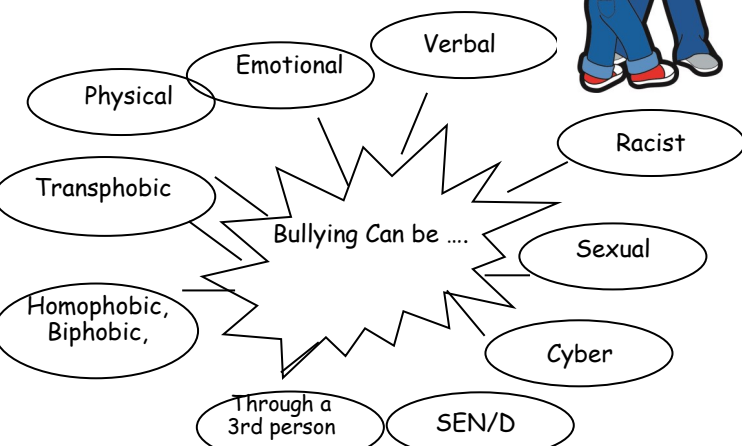


www.beyondbullying.com



What is bullying?

In our schools a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person. They keep repeating this behaviour.



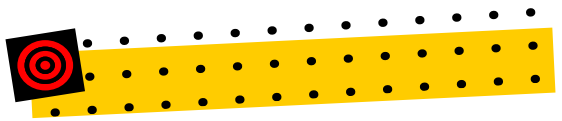
Emotional: Hurting people's feelings, leaving you out, being bossed about.

Physical: Punching, kicking, spitting, hitting, pushing.

Verbal: Being teased, name calling, hand signs

Cyber: Using technology/the internet to upset someone else.

People can be bullied for a number of reasons, including their race, religion, culture, disability, home circumstances, appearance, sexuality or gender identity.



When is it bullying?

SEVERAL
TIMES
PURPOSE



What your school can do to help

They should always treat bullying seriously.

They should try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.



Who can I tell?



What should I do if I am bullied:

A HELPING HAND

I do am

START
TELLING
PARENTS
PEOPLE

