

WHY WE NEED TO STOP BULLYING?

"We all have the right to feel safe all the time"

"Others have the right to feel safe with us"

"There is nothing so awful (or so small) that we can't talk about it with someone"



IF YOU ARE BULLIED...

DO:

- TELL SOMEONE! ✓
- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the worry box if you are too nervous to speak openly about it.
- Talk to a friend.

DON'T:

- Do what they say. ✗
- Get angry.
- Hit them.
- Think it's your fault.
- Hide it.

WHAT WILL HAPPEN TO A BULLY?

Teachers will get involved and help you solve problems. They will investigate things fully. They will remind the child (or children) that bullying is not acceptable and expect bullying to stop. If not, parents will be contacted.



**ST. PATRICK'S
P.S., ESKRA**

CHILD FRIENDLY ANTI-BULLYING POLICY

*'We learn to love and
love to learn.'*



WHAT IS BULLYING?

Bullying is when someone repeatedly hurts or upsets another person on purpose. This can be through mean words, actions or ignoring them. It can happen in person or online.



BULLYING CAN BE...

1 Physical

Punching, kicking, pushing, damaging their belongings.



2 Emotional

Hurting people's feelings, leaving you out, gossiping.



3 Verbal

Name calling, teasing, offensive remarks.



4 Cyber

Saying unkind things by text, social media or on gaming devices.



**STOP
BULLYING**

WHO CAN I TELL IF I AM BEING BULLIED?

Teachers

Parents

Well-Being Wonders

Principal

Classroom Assistants

Secretary

A friend

Dinner Lady

Year 7 Buddies

School Council

Playground Buddies

Head Boy

Head Girl

Fr. McGahan

Bus Monitors

NSPCC

Any trusted adult

**Anti
Bullying**