

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

- Don't walk away and ignore the bullying
- Ask the person to stop if it is safe to do so
- Don't stay silent or the bullying will keep happening.

Who can I tell?

- Any adult at our school
- Your class teacher
- Teaching assistant
- A friend



At Our Lady's we will always work together to:

- Make our school a very safe place where you will always be happy and enjoy learning
- Always treat bullying very seriously
- Ensure forgiveness is sought and granted
- Make sure you understand that you are precious and you are loved.
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Anti-bullying Policy for children

Bullying happens...

Several

Times

On

Purpose

What to do...

Start

Telling

Other

People

You are young, you are precious, you are loved

What is bullying?

Bullying can be.....

Physical: when someone hits, pinches or pokes you repeatedly; or shows harmful behaviour that is threatening or intimidating towards you.



Verbal and non-verbal: when someone calls you names, says hurtful comments to you, or gives you nasty gestures or looks.



Indirect: when you are deliberately excluded from a conversation or a game.



Cyber: when someone sends you unwelcome messages via email, mobile phones or on social media.

If you are being bullied you need to:

- Ask them to STOP it
- Ignore them
- Walk away
- Tell a friend
- Write a note in your class's Worry Sack
- Tell your class teacher
- Tell an adult you trust

Don't:

- Do what they say
- Give in to any pressure
- Fight back
- Think it's your fault
- Hide it



Jesus said: 'The second most important commandment is this: love your neighbour as you love yourself. '

Mark 12:31