

Together we can **STOP** it!

Bullying Happens...

Several

Times

On

Purpose

What to do...

Start

Telling

Other

People

What is Bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

Bullying can be

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

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

Verbal: Being teased, name calling, rude comments. Through a 3rd person: Sending a friend with horrid messages.

Written: Letters, notes, graffiti.

Cyber: Saying unkind things by text, e-mail and on the internet.

Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one-off physical act of aggression e.g. pushing someone.