

What is Bullying?

A bully is someone who hurts someone else by their behaviour which is meant to upset, hurt or frighten the other person. This is behaviour that they repeat several times.

Bullying can be....

Emotional: Leaving you out and hurting your feelings (or other people's feelings)

Physical: Kicking, pushing, hitting, punching, spitting, shoving.

Verbal: Teasing and name calling. Saying things behind someone's back.

Cyber: Saying unkind things by email, text or online.

Written: Unkind letter, notes or graffiti.

Racist: Name calling because of the colour of your skin.



What can I do?

- If it is safe, you could tell the bully to stop.
- You could walk away.
- You could ignore them.
- But always remember to tell someone.
- If you are silent, the bullying will keep happening.
- Use the worry box if you are too scared to talk openly about it.

Talk
Educate
Listen
Learn

Who could you tell?

- An adult in the school
- A parent or carer
- A friend
- Someone on the School Council
- Any other adult you trust

What shouldn't I do?

Don't think it is your fault.
Don't do what they say.
Don't get angry.
Don't keep it inside.
Don't hit them.

