

Anti-Bullying Leaflet

What is Bullying?

- People being unkind again and again
- Several times on purpose

Where Might Bullying Happen?

- Playground
- Playtimes and lunchtimes
- Before school
- After school
- Online
- Local community

What Will School Do If I Am Being Bullied?

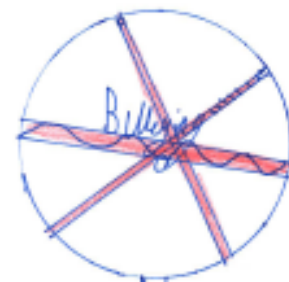
- School will talk to the bully and implement appropriate disciplinary sanctions.
- Use a variety of techniques to resolve the issues between those who bully, and those who have been bullied ensuring that the voice of the victim is heard throughout.

Why Might Bullies Bully People?

- They might be jealous
- They might have been bullied themselves
- They could be going through a difficult time and need to work through this
- They might not realise how they are making you feel
- They might feel insecure

What Might Bullies Do?

- Be unkind or rude
- Single people out who are different to them
- Physically hurt someone
- Name calling
- Hurt your feelings and make you feel sad



What Can I Do If I Am Being Bullied?

- Talk to someone you trust e.g. teacher, parents, family members, friends, Mrs Thomas, Mrs McCarthy, play leaders, school councillors.
- Stand up to the bully and tell them how they are making you feel.
- Try to avoid them
- Tell a worry monster or write the worry in the worry box

