

Anti-Bullying Leaflet

What is Bullying?

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

Where Might Bullying Happen?

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

How does this link with our rights?

- **Article 2 – No discrimination**
Everyone has rights, no matter who they are.
- **Article 12 – Your voice matters**
Children have the right to express their views and be listened to.
- **Article 19 – Protection from violence**
Children have the right to be protected from violence and harm.
- **Article 28 – Right to education**
Every child has the right to an education.
- **Article 29 – Education should help us develop**
Education should help children develop their personality, talents and abilities and learn to respect others.

What Might Bullies Do?

- Be unkind or rude
- Make someone feel left out
- 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, RRSA Ambassadors
- Stand up to the bully and tell them how they are making you feel.
- Try to avoid them
- Write the worry in the worry box

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
- Bullies may have nothing better to do!

What Will School Do If I Am Being Bullied?

- School will talk to the bully and ask them to stop. Adults will try to find out why the bully is behaving in this way.
- Talk to the bully's parents
- Time at reflection or suspensions if the bullying continues