

## what should I do if I am being bullied?

Do.....

- use eye contact and tell them to go away!
- ignore them
- walk away
- Act as though you don't care what they say or do
- remember it is not your fault and you are not alone
- tell an adult.



Don't...

- Keep it to yourself
- DO what they say
- Get angry
- Hit them



## WHAT SHOULD YOU DO IF YOU SEE SOMEONE BEING BULLYED?

Don't walk away and ignore the bullying

Don't stay silent or it will keep happening

Don't be a bystander

Tell the person to S. T. O.P if its safe to do so

Tell an adult



CHILD FRIENDLY

ANTI BULLYING POLICY

[www.beyondbullying.com](http://www.beyondbullying.com)



## WHAT IS BULLYING?

In our school, bullying is hurting someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be...

- Physical
- Verbal
- emotional
- Cyber- online

## WHEN IS IT BULLYING?

# Several Times On Purpose

What can school can do to help....

We wil treat bullying seriously and tthey should try and find a way to help make it STOP so they can feel safe and happy in school.



## WHO CAN I TELL?

Any trusted Adult

**S**tart  
**T**elling  
**O**ther  
**P**eople