

## What is Bullying?

In our School a bully is someone who is being mean or unkind to the same person over and over again on purpose. Their behaviour is meant to hurt, frighten or upset the other person. Bullying is something that happens:

Several  
Times  
On  
Purpose



Bullying can be .....

**Emotional:** Hurting people's feelings and leaving you out.

**Physical:** Punching, kicking, spitting, hitting, pushing, pinching.

**Verbal:** Using unkind words to hurt.

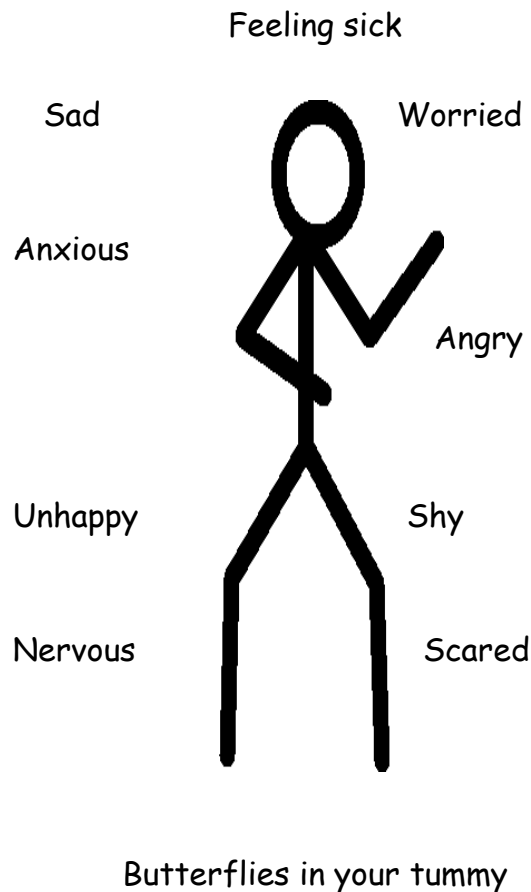
**Cyber** Saying unkind things by text, email and online.

**Racist:** Calling people names because of the colour of their skin, their religious beliefs or where they come from.

## What is Anti-Bullying?

It is all the things we do in school to stop bullying happening and to make our school a happy and safe place for everyone.

## How can bullying make a person feel or act?



We never want anyone to feel like this at Sacred Heart Catholic Primary School.

## What will happen if I tell someone in school that I am being bullied:

- ❖ We will listen to you
- ❖ We will help find ways to make the bullying stop

## What will happen to the bully?

- ❖ Teachers will work with them to understand why they are bullying and make sure they stop.

## What can I do if I am being bullied?

Tell someone you trust:

- ❖ A friend
- ❖ Parents/carers
- ❖ A member of staff in school
- ❖ Brothers/Sisters/Grandparents



## START TELLING OTHER PEOPLE

## What should I do if I see someone else being bullied?

- ❖ Don't walk away or ignore the bullying
- ❖ Tell the bully to stop if it is safe to do so.
- ❖ Don't stay silent or the bullying will keep happening. Tell someone that you trust.

What do we do to stop bullying at Sacred Heart Catholic Primary School?

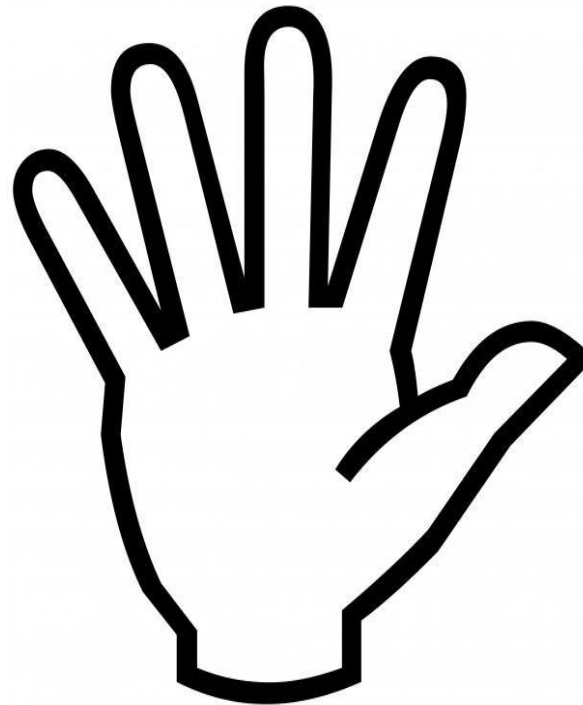
Our Golden Rules encourage good behaviour:

- ❖ We take part in anti-bullying week every year
- ❖ Displays around school remind us that bullying is wrong and show ways to help.
- ❖ PHSE lessons and circle time activities.
- ❖ Worry boxes in every classroom.



My 5 Finger Friends

Think of 5 people you could talk to if you felt unhappy or thought you were being bullied. Write their names on the fingers of this hand then keep this leaflet somewhere safe.



**Sacred Heart Catholic Primary School**



**Anti-Bullying Information For Children at Sacred Heart**