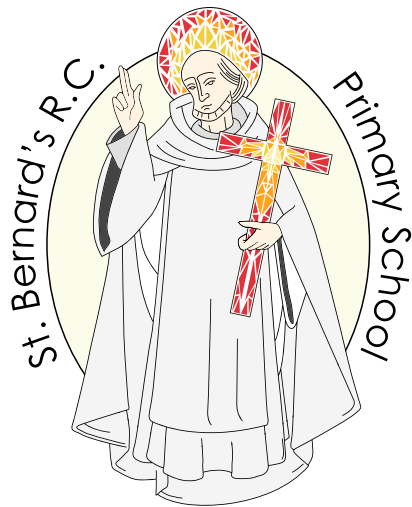




St Bernard's RC Primary School

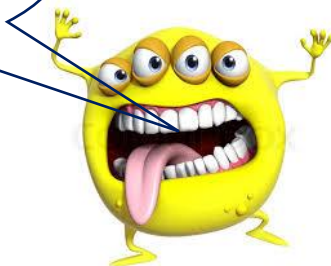
A place where everyone has the right to be themselves. A place where everyone can feel safe, be happy and learn. Everyone at our school is equal and acts with respect and kindness towards each other. Our school is a bully-free place.

WHY DOES BULLYING HAPPEN ?

Although bullying doesn't happen very much at this school, it might happen. Bullies can be older or younger, bigger or smaller than the person being bullied. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. The person being bullied is NOT at fault.

WHERE DOES BULLYING HAPPEN ?

BULLYING CAN HAPPEN
AT SCHOOL, AFTER
SCHOOL AND ONLINE



WHAT SHOULD YOU DO IF YOU THINK SOMEONE IS BEING BULLIED ?

Talk to the person and ask if they are having a problem, try to find out if they are being bullied. If they are, ask if you can help them to talk to a teacher or an adult they trust.

WHAT SHOULD THE PERSON DO IF THEY ARE BEING BULLIED ?

If you think your child is being bullied it is important that they tell someone they trust. Tell an adult or friends, either at school or at home. If they have already told an adult about bullying they can still tell them again. They can

- Tell a grown up in school
- Tell a grown up at home
- Tell an older friend who can talk to a grown up for them
- They can call **ChildLine** at any time for free on **0800 1111**



If you or your child **tell a teacher** or an **adult at school** they will be able to **help you**. They may tell another teacher, like the class teacher or the Head teacher, so that they can help them. Telling a teacher or an adult in school will never make the bullying worse. They will talk to the person being bullied and to the bully to find ways to stop the bullying.

WORRIED ABOUT BULLYING?

Bullying is when a person is **hurtful** or **unkind** to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people. A useful way to remember bullying is **SEVERAL TIMES ON PURPOSE**

- **Hitting** or saying you are going to hit someone
- **Touching** someone when they don't want you to
- **Calling someone names**, teasing, using rude language or saying nasty things about someone to them or to other people
- **Stealing** or **damaging** someone else's belongings
- **Ignoring** someone on purpose or leaving them out
- Sending **hurtful** or **unkind texts**, emails or online messages to someone or about someone

