

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 you trust



Don't...

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



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

Don't walk away and ignore the bullying

Let the bully know what is happening

Tell the person bullying to **S.T.O.P** if it is safe to do so

Don't stay silent or the bullying will keep happening

Be an **upstander**, not a bystander

Sacred Heart and Leicestershire Anti-Bullying Teams' Aims:

We will all work together to **S.T.O.P.** bullying

We want our schools to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying in Schools, we will help everyone:

- To get on well together
- Respect and understand each other
- To believe that everyone has the right to be who they are

Sacred Heart Catholic Voluntary Academy in conjunction with



Child Friendly Anti-Bullying Policy



www.beyondbullying.com



@BeyondLCC

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.



Friends do fall out and can be mean to one another. This is not acceptable but it is not bullying.

Physical (hitting, punching, etc)

Verbal (name calling, swearing, etc)

Bullying can be

Indirect/Emotional (leaving someone out, spreading rumours,

Cyber (being unkind online or using a mobile

People can be bullied for lots of reasons, including their race, religion, culture, age, disability, home circumstances, appearance, sexual orientation or gender identity.

When is it bullying?

S EVERAL

T IMES

O N

P URPOSE



What your school can do to help...

Sacred Heart should always treat bullying seriously and they should try and find a way to help make it **STOP** so that you can feel safe and happy in school.



Who can I tell?



A helping hand...

What should I do if I am being bullied?

S TART

T ELLING

O THER

P EOPLE

