

WHAT SHOULD I DO IF I AM BEING BULLIED?

Do...

- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Try a different activity
- Act as though you don't care what they say or do
- Remember it is NOT your fault and you are NOT alone
- Tell a Peer Mediator
- Tell an adult you trust
- "Turn the other cheek" Matthew 5:39 – be kind to the bully



Don't...

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



"Treat others as you would like to be treated" Luke 6:31

WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

- Don't walk away and ignore the bullying that is happening
- 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
- Don't get physically involved
- 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
- To mediate their problems

Sacred Heart Catholic Voluntary Academy and their Peer Mediators 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.



*We all fall out, at times, with our friends and can be mean to one another. This is not acceptable but it is **not** bullying.*

Physical

(hitting, punching, etc)

Cyber (being unkind online or using a mobile phone) often happens outside of school

BULLYING CAN BE

Indirect/Emotional

(leaving someone out, spreading rumours etc)

Verbal

(name calling, swearing, etc)

People can be bullied for lots of reasons, including their race, religion, culture, age, disability, home circumstances, appearance, sexual orientation or gender identity. (Based on 2010's Equality Act)

"This shouldn't happen – God made us all equal."

WHEN IS IT BULLYING?

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WHAT YOUR SCHOOL CAN DO TO HELP...

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



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WHO CAN I TELL?

A helping hand...

