

If you are bullied ...

Do ...

- Tell a trusted adult
- Walk away
- Ask them to stop (once)
- Stay away from them
- Call for help
- Write it down and put it in the worry box

Don't ...

- Involve others
- Show your emotions
- Retaliate
- Think its your fault
- Act in the same way
- Encourage the bully by laughing at what they do
- Join in with bullying behaviour

What if I see someone else being bullied?

- | | |
|---------------------------------|-----------------------------------|
| Tell a trusted adult | Speak to the person being bullied |
| Guide your friend away | Stay calm |
| Tell a friend to tell a teacher | Do something! |



Friendship Agreement

Written by the children of SWS

At St Walburga's School, we walk in the footsteps of Jesus by ...

- Welcoming all
- Serving God and one another
- Learning to be the best we can
- Joining together in prayer



What is Bullying?

Bullying is when someone is hurtful to you more than once. It can make you feel scared or like there is an unequal balance of power.

Emotional: hurts your feelings, makes you feel sad or cry, sending notes to you or about you. Laughing at someone, not including them, isolating them.

Physical: hitting, punching, kicking, fighting, pinching, stealing.

Verbal: unkind words, teasing, swearing, spreading rumours, using inappropriate language towards them or about them.

Racist: making fun of their skin colour; where they come from; their culture or race; their outside appearances; the language they speak.

Cyber: sending unkind messages, posting images without their consent, kicking them out of a game or group chat, being emotionally, verbally or racially abusive to or about them in game-chats, messages or on social media.

When is it Bullying?

Several
Times
On
Purpose



Who can I tell?

A trusted adult:

- Your class teacher or teaching assistants
- Safeguarding Leads:
 - Mrs Woodward, Mrs Crutchley and Mrs Symes
- Mrs Smith (Anti-bullying Champion)
- Parents and carers
- Lunchtime supervisors
- Friends
- Older brother or sister
- School councillor
- Wellbeing Ambassadors

