

What can you do?



The most important thing is to **do something**.

TALK to someone you trust, such as a teacher, parent, older relative or friend.

DON'T GIVE UP. Be persistent. If the first person you talk to doesn't help, Speak to someone else.

ASK that person not to do anything without telling you about it first.

FRIENDS—If you find it difficult to talk to an adult, ask one of your friends to go with you, or ask someone to talk to an adult for you.

BE YOURSELF—Don't allow someone to change you. You are not the problem.

What you should NOT do



DO NOT BLAME YOURSELF - It is not your fault if you are being bullied.

Don't try to deal with the problem **ON YOUR OWN** - there is nothing wrong with asking for help.

Don't **HIT** the people who are bullying you - you might end up being accused of bullying yourself.

Don't **HIDE** what is happening from the adults you trust - keeping things secret is the bullies' biggest weapon.

The Bible teaches us

"Treat others the same way you want them to treat you"

Luke 6:31

St Augustine's Catholic Primary School



Anti-Bullying

Children's Leaflet

St Augustine's Catholic Primary School.
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Our Aim

St. Augustine's Catholic Primary School does NOT tolerate bullying on any level.

We aim to provide a safe, secure and caring environment for all children.

We are a 'TELLING' school and encourage our children to confide in our staff if they witness bullying.

Joyfully, we at St Augustine's Catholic School

celebrate our love for God, our love for ourselves and

our love for each other as we pray, learn and play together

What is Bullying?

In our school we believe that bullying is when someone hurts people. Bullying can be:

Physical - hitting, kicking ,

Verbal - calling them names,

Cyber - sending threatening text messages or emails ,

Emotional - spreading rumours about people , or by doing anything else which is intended to be upsetting.

Racism - calling people racist names. Making fun of someone because their skin is a different colour to yours.



Sexual Orientation— When you are being bullied because of gender associations or preferences

If this is happening to you, tell yourself that it is not your fault and that it is the people who are bullying who need to change, not you.

Several
Times
On
Purpose

Using the STOP method will help your children to identify what is bullying

Bullying is not...

- A one-off argument or fight
- A friend sometimes being nasty
- Being challenged for inappropriate behaviour
- Accidental injury i.e. during sports