



STOP AND ACT!

Anti-bullying at St Peter's

What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person. We promise to always treat bullying seriously.

Bullying can be:

Emotional: Hurting people's feelings, leaving you out, hand signs, being put down or humiliated, having money and other possessions taken or messed about with, having rumours spread about you.

Physical: Punching, kicking, spitting, hitting, pushing, pulling, being threatened or intimidated.

Verbal: Being teased, name calling.

Racist: abusive behaviour towards members of another race or culture.

Cyber: saying unkind things by text, app, e-mail or the internet.

Homophobic: calling you gay or lesbian.

When is it bullying?

STOP =

Several

Times

On

Purpose



Who can I tell?

Ask the bully to stop

Collect a friend or witness

Take them and tell an adult



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If you are being bullied:

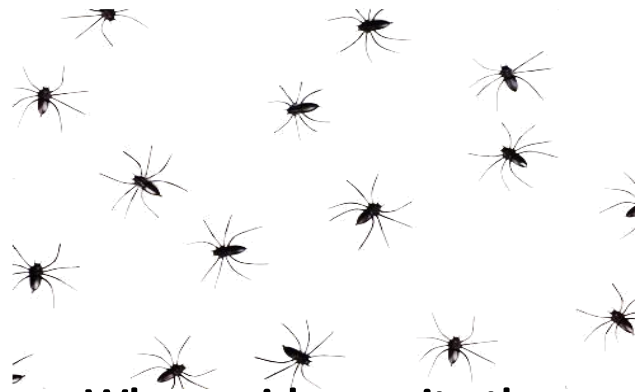
Start Telling Other People!

If you are bullied

- **A**sk the bully to stop. Use eye contact and tell them to go away.
- **C**ollect a friend or witness.
- **T**ake them and tell an adult.

DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.



**When spiders unite they
can tie down a lion.**

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

- **Don't** walk away and ignore the bullying.
- **Tell** an adult what you have seen.
- Tell the bully to **stop** if it is safe to do so.
- Don't stay silent **or** the bullying will keep happening