

## Speaking Out.....

- You must tell an adult AT SCHOOL straight away if you are hurt by someone else and it is not an accident.
- If you do tell an adult at school, it will be stopped and there is no possibility that it will become bullying.

**S**tart  
**T**elling  
**O**ther  
**P**eople



## Who can I tell? .....

- It is important that you tell an adult at school *before* you tell your adults at home and then we have time to sort any problems out so that your families don't become worried.



## What if I see someone else being hurt or bullied?.....

- Tell an adult straight away.
- Don't get involved—you could end up getting hurt or making things worse.
- Don't stay silent or choose to ignore it.

## What should I do if I get hurt?

- If they say 'sorry', accept it was an accident.
- Say 'Stop' if you don't like it.
- Walk away.
- Ignore them.
- Talk to a friend.
- **TELL AN ADULT AT SCHOOL.**



## Our school ...

- Is a very safe place.
- Will not tolerate children hurting others or in the extreme case, bullying.
- Will help all children to work together as a happy community.
- Will always deal with incidents brought to our attention.

# Park Junior School



# What is Bullying?



Information and Advice

Designed by the School Council

## What is bullying? .....

Bullying is the INTENTIONAL, REPETITIVE hurting of one person by another.

**S**everal  
**T**imes  
**O**n  
**P**urpose



Bullying is NOT:

- Accidents
- Fallouts with friends
- Disagreements
- Consequences of anger/frustration in a one off situation



## Bullying can be .....

**Emotional:** hurting people's feelings

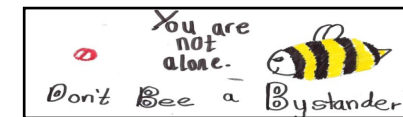
**Physical:** punching, kicking, spitting, hitting, pushing

**Verbal:** being teased, name calling.

**Cyber:** saying unkind things by text, e mail, or through social media.

**Racist:** calling you names because of the colour of your skin or your beliefs.

Bullying can also take place through a 3rd person. This is someone asking someone else to hurt a person.



## When does bullying happen?.....

If bullying happens, it is usually because the bully is different or jealous. They may be very unhappy and want people to notice them or might want to have control of a situation.

Bullies must be stopped immediately so that they can be supported to change and see why what they have done is wrong.

