

## BULLYING

Any form of bullying is NOT acceptable.

We want everyone at the school to feel safe & secure. We believe that no one should be bullied in anyway.

## BULLYING CAN BE

- EMOTIONAL: Being unfriendly, excluding, tormenting & threats.
- PHYSICAL: Pushing, kicking, hitting & punching, any use of violence.
- RACIST: Racial taunts, comments & conversations, graffiti & gestures.
- SEXUAL: Unwanted physical contact or sexually abusive.
- HOMOPHOBIC: Issues of any sexuality.
- VERBAL: Name calling etc.
- CYBER: All areas of the internet; such as e-mail & internet chat rooms misuse. Mobile verbal threats or texts. Misuse of associated technology i.e.: camera or video.

## WHAT TO DO

Do not suffer in silence.

TELL SOMEONE: Parent/carer, teacher, youth worker anybody you know who will help.

DO NOT: Retaliate in anyway or get your own back.

DO NOT: Give in to the demands of the bullies.

DO NOT: Deal with the bully yourself.

National Bullying Helpline 0845 22 55 787 Monday to Friday 10am - 4pm Saturdays 10am - 2pm

<http://www.nationalbullyinghelpline.co.uk/>

**BULLYING IS DISCRIMINATION**