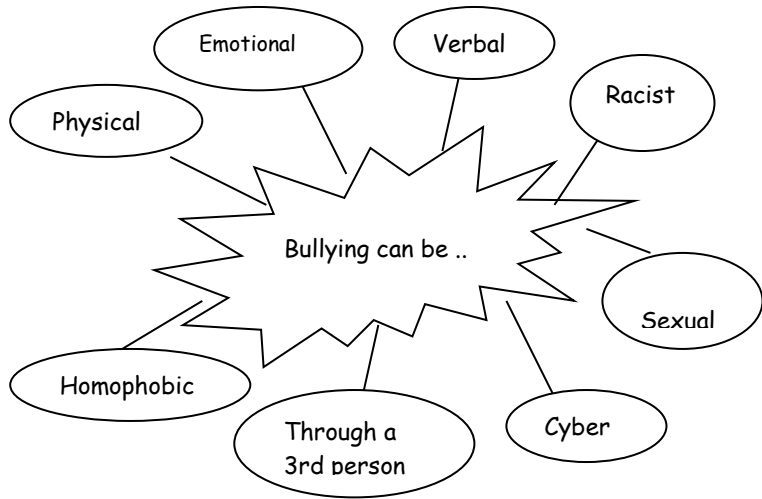
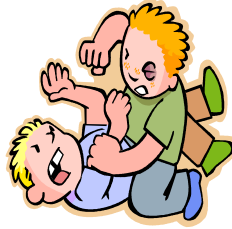


# What is bullying?

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.



- Emotional:** Hurting people's feelings, leaving you out, being bossed about.
- Physical:** Punching, kicking, spitting, hitting, pushing.
- Homophobic:** Calling you gay or lesbian.
- Through a 3<sup>rd</sup> person:** Sending a friend with horrid messages.
- Verbal:** Being teased, name calling, hand signs.
- Racist:** Graffiti, calling you racist names.
- Sexual:** Rude comments, touching you when you don't like it.
- Cyber:** texts, e-mail.

## When is it bullying?

**S** EVERAL  
**T** IMES  
**O** N  
**P** URPOSE



## What your school can do to help:-

We will always treat bullying seriously.

We will try to find a way to make it S.T.O.P. so that you can feel safe and happy in school.

## Who can I tell?



## What should I do if I am bullied?

**S** TART  
**T** ELLING  
**O** THER  
**P** EOPLE

