

WHAT IS BULLYING?

Bullying is when a person or group of people hurt or upset someone on purpose and it happens **repeatedly over a period of time.**

It can be anything from calling someone a name, to hurting them or leaving someone out of a group,



WHAT IS NOT BULLYING?

- Falling out with friends then making up again
- Having a bad day
- Bullying is not having a **one-off** fight or argument with someone



TYPES OF BULLYING

Physical Bullying—Hitting or hurting someone

Verbal Bullying—shouting and/or name calling or gossiping about someone

Cyber Bullying—When someone sends you a nasty message via email or text

Racist Bullying—being unkind to someone and calling them names because of their race or skin colour

Sexist or Homophobic bullying—when people are called names because they are a boy or girl or because they like boys or girls

SPEAK OUT!

The best thing to do if you or someone you know is being bullied is to tell somebody that you trust:

- A parent
- A teacher
- Head teacher
- Anti-Bullying Team
- Friends
- Lunchtime supervisors

CHANGE
STARTS
WITH



DO:

- Tell an adult
- Walk away from bullies
- Help others
- Ask them to stop



DON'T:

- Retaliate
- Get angry
- Think it is your fault
- Hide it



Everyone at St Benet's has the right to feel welcome, happy and safe so bullying will not be tolerated. We do all we can to prevent it by developing a school ethos in which bullying is regarded as **unacceptable.**

Our mission statement helps to encourage this attitude:

Jesus calls us by our name to...

Grow together in a journey of faith and love
Help us to see in the people we meet—the face of God above

Do our very best when we work and when we play

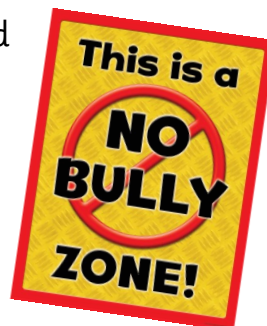
Use our special gifts—serving one another every day and in every way

Our **Anti-Bullying Team**, **Happy Police** and all others involved work hard to make sure that St. Benet's School is a happy, friendly and safe place.



WHAT WILL HAPPEN TO A BULLY?

Teachers will get involved and help you solve any problems. They can talk to your parents, talk to your friends and can keep a close eye to make sure you feel happy and safe in school.



Our School Prayer



This is our school,
Let peace dwell here,
Let the rooms be full of contentment.
Let love abide here,
Love of one another,
Love of mankind, l
Love of life itself and
Love of god.
Let us remember that
As many hands build a house,
So many hearts make a school.
Amen



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ANTI-BULLYING



Written with the help of the:



