What is bullying?

Bullying is when one or more people hurt others several times, on purpose. This could be words or actions. It includes things like name-calling, hitting, nasty texts and making people feel left out.

Why is it important?

Bullying is bad for everyone: the victim, anyone who sees it and the bully. Everyone deserves to be treated with respect. We want people to stay safe and healthy, to have fun, to take part and do well. If you treat someone badly because you think they may be different in some way or have special needs, or because of their age, race, religion or gender, you may be breaking the law.
How will adults help?

Adults in our school should prevent bullying. If it does happen, the adults in charge should challenge anyone who is bullying. Adults should help those who have been bullied to feel safe.

Bullying is NOT OK.

Tell someone or use the worry box.

Together, we can STOP it!