It is important to remember:

- If you think you are being bullied, tell someone straight away.
- If you see someone else being bullied, tell someone straight away.

Children and adults at St Ann’s will not allow bullying to happen in our school.

By working together, we will ‘Beat the Bullies’ and everyone will be happy in school.

Useful...

Childline
0800 1111

Websites

www.beatbullying.org
www.kidscape.org.uk
www.bullying.co.uk
www.childline.org.uk

St. Ann’s Junior and Infant School

BEATING THE BULLIES

This information is for the children of St. Ann’s.

Rights Respecting School Charter
Article 19
Our children have the right to be protected from being hurt or mistreated in body and mind.
Bullying can happen in many places -
- in the playground
- in the classroom
- on the way to school and on the way home.
- on the street or in the park
- at home.

**WHAT IS BULLYING?**

Bullying is when someone is nasty to you on purpose and they do it over and over again.

**WHERE DOES IT HAPPEN?**

Bullying can happen in many places -
- in the playground
- in the classroom
- on the way to school and on the way home.
- on the street or in the park
- at home.

**TYPES OF BULLYING**

Bullying can happen in different ways. Bullying can be -
- **Physical** - kicking, punching, hitting, pushing
- **Verbal** - calling someone names
- **Devious** - excluding someone, spreading rumours about them
- Some people use mobile phones and computers to bully others. This is called **Cyber Bullying.**

**HOW TO STOP BULLYING**

Always...
- **Tell** someone you trust
- **Tell** the adult in charge
- **Tell** your family
- **Tell** a friend

- ✓ Stand up straight
- ✓ Look them in the eyes
- ✓ Keep saying **NO!**
- ✓ Walk away

If you are bullying someone, stop and think about how bad you are making them feel...