

IF YOU ARE BEING BULLIED

DO



- Ask them to STOP
- Walk away
- Ignore them
- Use eye contact
- Tell SOMEONE

DON'T



- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Hide it

RESTORATIVE PRACTICE

We use restorative practice to develop a sense of community, manage conflicts and tensions by repairing harm and building relationships. When there has been a conflict we do restorative circles where we think about:

- What has happened?
- What they were thinking at the time?
- Who has been hurt?
- How did they feel at the time?
- How can we make things better?

WHAT IS BULLYING?

We have agreed as a school that bullying is antisocial behaviour and affects everyone.

- Involves someone exerting power over someone else
- Is on purpose
- Is persistent or repeated behaviour which can be perceived as offensive, intimidating, malicious or insulting

BULLYING CAN BE:

We have agreed as a school that bullying is antisocial behaviour and affects everyone.

- Verbal – Name calling, teasing, threatening
- Physical – Punching, kicking, hitting
- Emotional – Tormenting, humiliating, exclusion from groups or activities, ignoring someone
- Cyber – sending threatening or abusive text messages

WHO CAN I TELL?

- A teacher
- Adult at home
- Adult in school
- A friend
- Adults that I trust
- Support staff

Ready



Respectful



Safe

BULLYING HAPPENS

SEVERAL
TIMES
ON
PURPOSE

YOU NEED TO

START
TELL
OTHER
PEOPL

WE MUST STOP BULLYING