

No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

Bullying can involve:

Stealing or damaging someone else's belongings
Ignoring someone on purpose or leaving them out
Sending hurtful or unkind texts, emails or online messages to someone or about someone.

Why does bullying happen?

Although bullying doesn't happen very much at this school it **might** happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves.

If you are being bullied remember that it is never your fault.

Telling an adult will never make the bullying worse.
They will talk to you and the bully to find ways to stop the bullying.



**Our
Anti-Bullying
Leaflet**

St Catherine's School is a place where everyone has the right to be themselves.

It's a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other.

Help our school to be a bully-free place.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else, **on purpose and more than once**. Bullying can be done by one person or by a group of people and can be towards one person or a group of people.

A useful way to remember bullying is:

STOP

SEVERAL TIMES ON PURPOSE

Bullying can be...

- Hitting or saying you are going to hit someone.
- Touching someone when they don't want you to.
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people about;
- *their race or the country they come from (racist bullying) or about what they believe*

- *someone just because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'*
- *someone who is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads.*
- *someone who has special needs or a disability*
- *what someone looks like or where they live*

If someone is being hurtful or unkind to you

Several Times On Purpose

for whatever reason, whether it is about you or your family or friends;

THAT IS BULLYING.

What should I do if I'm being bullied?

If you are being bullied, it is important to tell someone you trust. Tell an adult or friends, either at school or at home.

If you have already told an adult about bullying you can still tell them again.

You can:

- Tell a teacher - your class teacher, Mrs Wallis or Mrs Staiano or another teacher
- Tell a friend who will be able to help you
- Tell any other adult staff in school - such as lunchtime supervisors, teaching assistants or people in the school office
- Tell an adult at home

You can also call **CHILDLINE** at any time for free on 0800 1111.

They will not tell anyone else about what you have said.

If you tell a teacher or an adult at school they will be able to help you. They may tell another teacher; like your class teacher, or a parent or carer so that they can help you.