



Anti-bullying Leaflet

St Catherine's is a safe & fair school, where bullying is not tolerated.

What is bullying?

Bullying is when a person is unkind to someone else, on purpose, time and time again.

What do you do if you think you are being bullied?

A useful way to remember what bullying is:



Several
Times
On
Purpose

SPEAK OUT

1. Tell someone you trust; an adult, or friends at school or at home
2. Have the courage to ask for help
3. If you have already told an adult about bullying, you must still tell them again.

Bullying can be:

- Hitting or threatening others on purpose time and time again
- Calling someone names, time and time again
- Saying nasty things to someone or about someone time and time again
- Touching someone when they don't want you to, time and time again
- Distracting someone or stopping them from doing their work, on purpose, time and time again
- Cyberbullying, being unkind or inappropriate on social media time and time again