

Remember...

Everyone should feel happy and safe at our school. If you don't or know someone else who isn't, tell

Remember...

Bullying is wrong. Do not ignore it. Tell someone. If everyone works together, we can stop bullying.

Remember...

Become an Anti-bullying Councillor on our Anti-bullying Council and help everyone in our school community to feel safe, happy, respected and valued.



### Getting Help



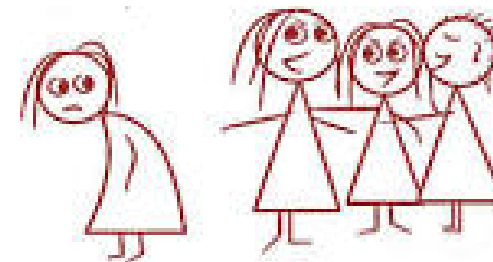
These helplines are always on hand to talk to if you have any worries or problems



## St Margaret of Scotland Catholic Primary School



### Children's Anti-bullying Guide



#### Remember:

If you are upset or think that you are being bullied, speak to one of our ABCs —Anti-bullying Councillors

At our school we believe that everybody has the right to feel safe and happy. We expect all children at our school to follow the Gospel values and follow in Jesus' footsteps by:

- ⇒ Loving one another
- ⇒ Being kind to others
- ⇒ Treating everyone the way you want to be treated yourself
- ⇒ Respecting everyone



Nobody has the right to hurt other people by hitting them, kicking them, calling them names, sending them threatening text messages, spreading rumours about them, or by doing anything else which is meant to upset them

People may be picked on because they wear glasses, or have a different accent, or another religion, or are shy or clever, or good looking, or disabled or because of their hair colour. Any excuse will do.

If this is happening to you, tell yourself that it is not your fault and that it is the people who are bullying who need to change, not you.

At school we have a policy to deal with bullying and you have the right to ask a teacher or another adult to help. You can also speak to an Anti-bullying Councillor (ABC) from our Anti-bullying Council (ABC) for advice. They are trained to help you feel better and know how to help you sort out the problem.



### SOME FACTS...

- \* Bullying is behaviour that hurts you or someone else – such as name calling, hitting, pushing, spreading rumours, threatening or undermining someone
- ◆ It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a you both physically and emotionally
- ◆ Bullying that happens online, using social networks and mobile phones, is often called cyber bullying. You can feel like there's no escape because it can happen wherever you are, at any time of day or night

### What can you do?

- ⇒ Talk to someone that you trust, like your mum or dad, an ABC or a teacher if you think you are being bullied
- ⇒ Always expect that something will be done about the bullying if you have shared it with a grown up
  - ⇒ Always tell someone if you think someone else is being bullied
- ⇒ Be a friend to someone who is being bullied. People who are bullied often feel very alone and helpless. It is very important to let them know that someone cares
- ⇒ If you see someone else being bullied say something, bullies often make fun of others to make other people laugh. If you stand by and watch someone being bullied others may think that you are involved too

**REPORT IT, DON'T SUPPORT IT**