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How do I support someone?

- get adult help
- be kind to the victim
- stick up for him or her

Tell the bully he or she is bullying

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- Don't ignore bullying because it doesn't involve you
- don't enjoy bullying
- watching someone being bullied and doing nothing is much the same as doing the bullying yourself

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What do I do if I'm bullied?

Tell someone you trust....

- a friend
- an older pupil
- your teacher
- your parents
- any member of staff including the Headteacher
- put a note in the 'Worry Box'

What will the school do if I'm bullied?

The school will support you

It will try to stop the bullying by talking to you and the bully. It will try to discover the reason for the bullying



If necessary, your parents and the bully's parents will be asked to meet your teacher the Headteacher to discuss the problem.

The school will listen to all worries about bullying. Proven bullying will always be treated as a serious incident; if bullying does not stop after efforts have been made to stop it, the bully can expect to be permanently excluded from the school.

St MARY'S SCHOOL



LOOK AFTER EACH OTHER

Autumn 2014

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Q: What is Bullying?

A. Repeated words or actions intended to hurt.

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Bullying can be physical.....

- hitting
- kicking
- punching
- biting
- Pinching
- Any action intended to hurt

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Bullies can also use words to tease about someone's.....

- shape
- Colour
- Looks
- Intelligence
- Nationality
- Family

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Bullies may hide people's books, pen, shoes—or any other belongings

- in order to make them upset
- Or to get them into trouble

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Bullies exclude people and encourage others to do the same....

- they may leave people out of games or refuse to share a book or seat.
- they might refuse to help you, lend you something or they may try to bribe you to do something wrong.
- deliberately ignoring someone can be bullying.

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How do bullies act?

- sometimes alone, sometimes in groups.
- bullies often get others to do their bullying for them; they have the ideas, but don't want to get caught bullying.

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What do bullies look like?

They come in all shapes and sizes.....

- all ages
- boys and girls
- men and women

Bullies are not always obvious.

Sometimes they appear to be popular

Bullies like having power over people

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What do I do if I see someone being bullied?

Support him or her—don't only help your friends or someone in your class but support all victims, even those you may not like.

You know bullying is wrong.