

# WHAT IS BULLYING?

When someone says or does something **UNINTENTIONALLY** hurtful and they do it **ONCE**: That's **RUDE**

When someone says or does something **INTENTIONALLY** hurtful and they do it **ONCE**: That's **MEAN**

When someone says or does something **INTENTIONALLY** hurtful and they **KEEP DOING IT** – even when you tell them to stop or show them that you're upset:

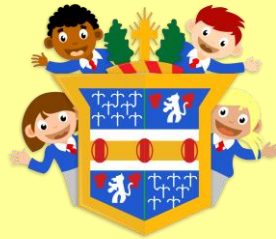
**That's BULLYING!**

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Our School Council have come up with the school slogan which reinforces the message that the answer to bullying is to tell someone and then it can be resolved –



'Being bullied is like being in a constant blanket of clouds covering you, but once you communicate your worries there then is a chink of light which opens up to relief and resolving the problem.' *School Council Rep*



# ANTI-BULLYING AMBASSADORS

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# Saint Patrick's Catholic Primary

## ANTI-BULLYING

## POLICY



# SPEAK UP NOW!

*Live, Love and Learn  
Like Jesus*

# At Saint Patrick's we believe:

Sometimes people can be unkind or hurtful. That is wrong, but **BULLYING** is when it happens **time and time again**.



**SEVERAL  
TIMES  
ON  
PURPOSE**

Bullying is **ALWAYS WRONG** as it can make another person feel upset or frightened.

In fact, bullies often bully because they are sad themselves.

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God loves every single one of us very much and wants us **ALL** to be happy. He wants us to show love to each other and be happy together.

Bullying may happen anywhere, but that doesn't mean that we can't do anything about it. If you are being bullied, or see someone else being bullied, remember:



**S.U.N.**



## TYPES OF BULLYING:

### PHYSICAL

- \* Throwing something at someone
- \* Tripping someone up on purpose
- \* Taking / breaking someone's things
- \* Biting
- \* Pulling hair
- \* Punching
- \* Kicking
- \* Hitting
- \* Pushing
- \* Pinching
- \* Pulling
- \* Spitting
- \* Rude hand signs

### EMOTIONAL

- \* Embarrassing someone in front of other people
- \* Belittling – *making someone feel small*
- \* Insulting family or friends
- \* Mimicking – *taking the mickey unkindly*
- \* Blackmailing or threatening
- \* Name calling
- \* Swearing
- \* Teasing
- \* Being personal

**S.U.N. to Teachers, Teaching Assistants, Office Staff, the Site Manager, MDSA's, Meerkatz Leaders, Club Leaders, Music Teachers, friends, prefects, parents, family...or even the bully.**

### SILENT BULLYING

- \* Making nasty faces at someone
- \* Ignoring someone to be unkind
- \* Freezing a person out
- \* Telling others not to talk or play with a person
- \* Spreading rumours or gossip about a person without them knowing
- \* Doing nothing to stop it happening to someone else

### TECHNO-BULLYING

- \* Texting mean comments
- \* Anonymous nastiness
- \* Mean phonecalls
- \* Silent phonecalls to intimidate others
- \* Twitter used badly
- \* Facebook used wrongly
- \* Sending hurtful photos to lots of people, without a person's permission

*'No-one can make you feel inferior without your consent'*

Eleanor Roosevelt