



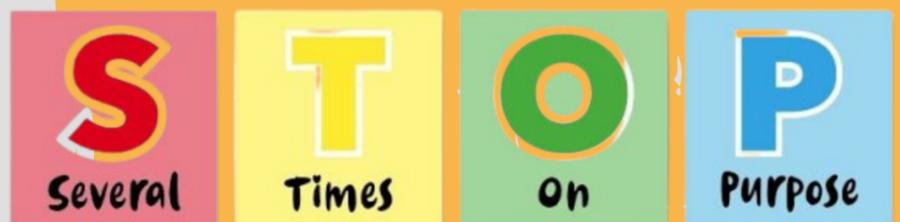
# SAY NO TO BULLYING!

Don't stand by, stand up!



## What is bullying?

Bullying is unkind or hurtful behaviour that happens:



## What can I do if I see bullying?

If you see bullying happening, you can help by being an upstander:

1. **Tell an adult** - It is not telling tales if you are keeping someone safe.
2. **Interrupt** - Give the victim a reason to walk away by asking them to play with you.
3. **Be a Buddy** - Show the victim that they have a friend in you!

Remember, being an upstander is not about getting involved, it is all about protecting yourself and others from bullying.

## What should I do if I am being bullied?

If you feel you are being bullied it is really important that you tell an adult you trust.

It may feel difficult to tell someone, but remember:

***You are important and you have the right to feel safe!***

Once you have told an adult, they will be able to help you and things will begin to get better.

At our school, everything we do is rooted in our vision of love.

***'Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful, it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.'***

**(1 Corinthians 13 v4 -7 Bible ESV)**

When we follow this guidance, our school becomes a place where everyone can flourish.

