



Every child has the right to be educated in a safe environment.  
Every child must be able to learn and grow to their full potential.  
Everyone in our school must be caring and courteous.  
Our school is a place where the Gospel values are lived out.

### What is Bullying?

It is deliberate, hurtful behaviour  
It is repeated, often over a period of time  
It is difficult for those being bullied to defend themselves

Remember bullying is:

## SEVERAL TIMES ON PURPOSE



### Bullying can be:

- Face to face
- Online: Cyberbullying is sending hurtful or unkind texts, emails, posting online messages to someone or about someone or creating fake profiles

### Bullying can be about:

- Race or ethnicity (racist bullying)
- Religion or belief
- Family and culture
- Gender (boy or girl) or homophobia
- Learning needs or disabilities

### What to do if you feel you are being bullied:

## WALK → TALK → BUDDY UP → TELL

The adult you tell will then take the following steps to help sort things out:

