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 is 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:

Step 1
Talk to you to find out what has been going on and how you feel

Step 2
Choose a group of children to help

Step 3
Explain the problem to the group

Step 4
Ask the group to take responsibility for making things better for you

Step 5
Share ideas in the group to help you feel better

Step 6
Try the ideas

Step 7
Meet as a group again, every day at first, until things start to improve and you feel happier