 **STOP AND ACT!**

**What is Bullying?**   
In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person. We promise to always treat bullying seriously.

**Bullying can be:**   
**Emotional:** Hurting people’s feelings, leaving you out, hand signs, being put down or humiliated, having money and other possessions taken or messed about with, having rumours spread about you.   
**Physical:** Punching, kicking, spitting, hitting, pushing, pulling, being threatened or intimidated.   
**Verbal:** Being teased, name calling.   
**Racist:** abusive behaviour towards members of another race or culture.   
**Cyber:** saying unkind things by text, app, e-mail or the internet.   
**Homophobic:** calling you gay or lesbian.

 **When is it bullying?**

**STOP** =   
**S**everal   
**T**imes   
**O**n   
**P**urpose

**Who can I tell?**

**ACT=**

**A**sk the bully to stop   
**C**ollect a friend or witness   
**T**ake them and tell an adult

If you are being bullied:

**Start Telling Other People!**

If you are bullied

• **A**sk the bully to stop. Use eye contact and tell them to go away.

• **C**ollect a friend or witness.

• **T**ake them and tell an adult.

**DON’T:**

• Do what they say.

• Get angry or look upset.

• Hit them.

• Think it’s your fault.

• Hide it.

**What should I do if I see someone else is being bullied?**

• Don’t walk away and ignore the bullying.

• Tell an adult what you have seen.

• Tell the bully to stop if it is safe to do so.

• Don’t stay silent or the bullying will keep happening.