

## WHAT IS BULLYING?

In  
St Clare's Abbey  
we say...

A BULLY SAYS OR DOES  
THINGS TO YOU THAT ARE  
NOT NICE

A BULLY DOES IT AGAIN AND  
AGAIN

A BULLY DOES THESE  
THINGS DELIBERATELY

A BULLY MAKES YOU FEEL  
WEAK, LONELY AND SCARED.

THAT IS OUR DEFINITION  
OF A BULLY .

THANK YOU FOR READING THIS.  
WE HOPE IT HELPED YOU

BULLYING IS SO  
NOT COOL  
IT CAN HAPPEN  
EVEN IN  
SCHOOL  
BUT ALWAYS  
REMEMBER THIS SMALL  
SONG  
/ ALONG WITH THE FACT  
THAT BULLYING IS  
WRONG!



St Clare's Abbey  
Primary school.



Our Anti - Bullying Policy.

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*HAVE YOU  
BEEN .....  
BULLIED?*

**WELL WE CAN  
HELP YOU! READ  
THIS FOR OUR TOP  
TIPS!**

*ADVICE FOR  
SOMEONE WHO  
HAS BEEN BULLIED*

Remember:

*Everybody is some-  
body...*

*Including YOU!!*

1. Make sure the bully  
KNOWS that they are  
hurting you. They may  
not realise.

Stand up for your-  
self always.

Stop that please—  
you are hurting my  
feelings and I would  
like you to stop.

2. Choose your  
friends wisely.  
Be with the  
friends you have  
fun with and who  
are nice to you!  
**Be happy!**

Happiness can  
be found even in  
the darkest of  
times as long as  
one remembers  
to turn on the  
light...

(Prof Albus  
Dumbledore)

**When you feel like you  
have done everything  
you can then...**

3 Tell someone you  
trust. They'll help  
you. Confide in an  
adult in school who  
will help.



The bully is the one in  
the wrong, not you!

**Always remember it is not your fault.**