

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.

*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.

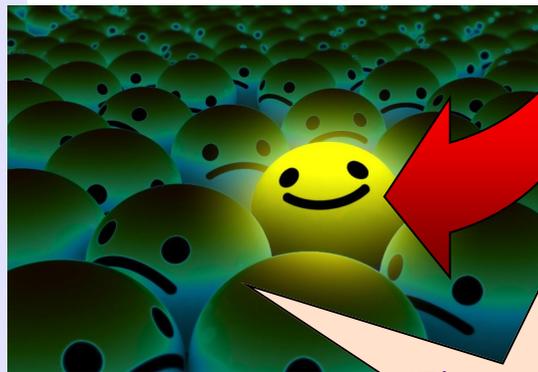
2. Choose your
friends wisely.
Be with the
friends you have
fun with and who
are nice to you!
Be happy!

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.