

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 DEFINI-
TION OF A BULLY .

*The world is a dangerous place to live;
not because of the people who are evil,
but because of the people who don't
do anything about it.*

- Albert Einstein



End violence, refuse to be
silent!



**St Clare's Abbey
Primary school**



Our Anti - Bullying Policy.

*HAVE YOU
BEEN
A BYSTANDER.*

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

Advice for the bystander

Knowing what's right isn't much use unless you do what is right.

WHENEVER
ONE PERSON
STANDS UP AND SAYS,
"WAIT A MINUTE,
THIS IS WRONG,"
IT HELPS OTHER
PEOPLE TO DO THE
SAME.

1. Think about what you are seeing—ask yourself "Is this right?"



2. Confront the bully: Stand up and say that you will not take part, you'll be surprised how they'll act if they are not supported.



3.

If you stand there and watch it's almost as bad as bullying, tell anyone else watching you are uncomfortable and ask them to stand up with you...how would you feel being bullied?



4. If the bully threatens you not to tell, don't listen. You could save many from being hurt. Tell an adult, someone you trust that you know can help.

