

## If you are being bullied:

DO .....

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.
- Tell someone.



DON'T .....

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



## What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

### The Leicestershire Anti-bullying Team's Aims:

- We will all work together to **S.T.O.P.** bullying.
- We want our schools to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.
- To deal with bullying in schools, we will help everyone:
  - To get on well together
  - Respect and understand each other
  - To believe that everyone has the right to be who they are.



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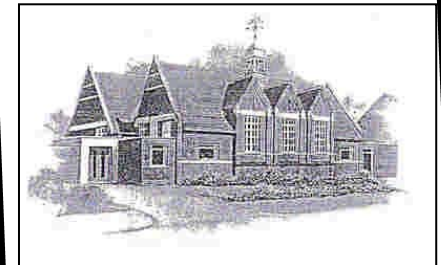


St Joseph's Catholic  
Voluntary Academy

**Believe, Achieve, Succeed**

Under Saint Joseph's guardianship and protection, we will be supported to achieve and succeed in the things the Lord wants us to do.

## Our Anti-Bullying Policy



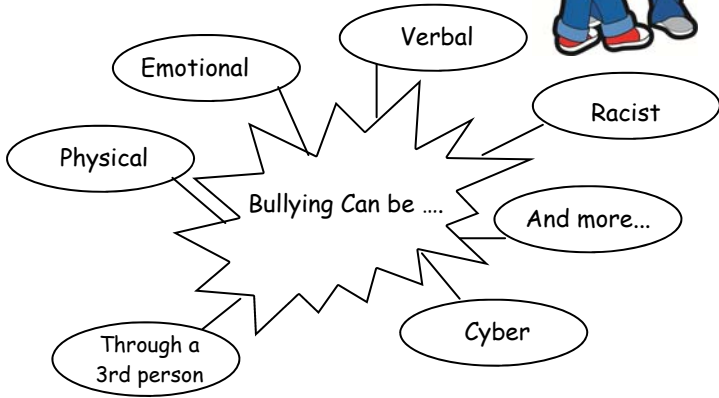
[www.beyondbullying.com](http://www.beyondbullying.com)



Telephone: 01858465359

# What is bullying?

In our schools a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



**Emotional:** Hurting people's feelings, leaving you out, being bossed about.

**Physical:** Punching, kicking, spitting, hitting, pushing.

**Verbal:** Being teased, name calling, hand signs

**Cyber:** Using technology/the internet to upset someone else.

People can be bullied for a number of reasons, including their race, religion, culture, disability, home circumstances, or appearance.



## When is it bullying?

**S**EVERAL  
**T**IMES  
**N**  
**P**URPOSE



## What your school can do to help

They should always treat bullying seriously.

They should try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.

## Who can I tell?



A HELPING HAND

## What should I do if I am bullied:

**S**TART  
**T**ELLING  
**O**THER  
**P**EOPL

