

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.

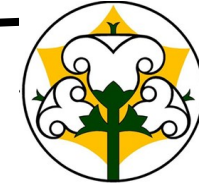
The St Joseph's Anti-bullying Team's Aims:

- 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.



Safeguarding & Improvement Unit
County Hall
Glenfield
Leicester LE5 8RF

Phone: 0116 3057570
Fax: 0116 3057548



**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



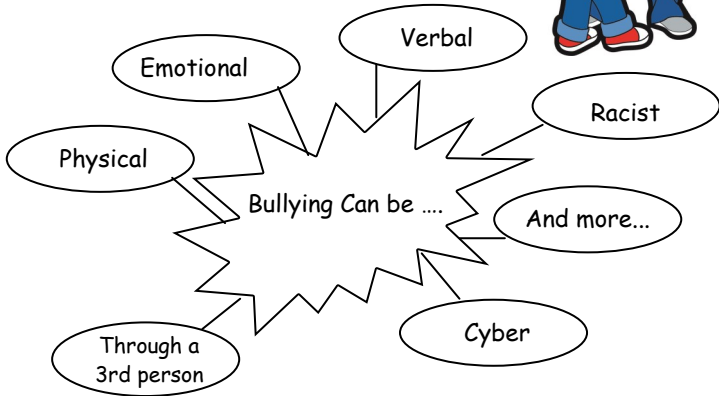
www.beyondbullying.com



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.

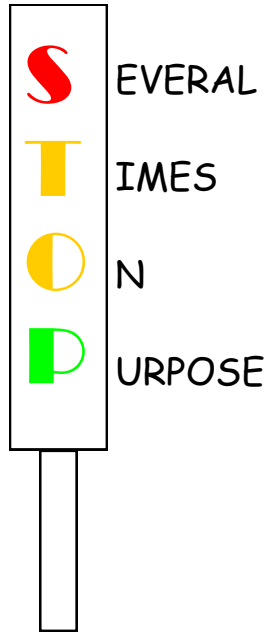
Verbal: Being teased, name calling, hand signs

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?



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:

