



## Anti – Bullying Policy

### What is bullying?

Bullying is repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

### Bullying can be:

#### Verbal



#### Physical



#### Indirect



#### Cyber



### What to do to stop bullying:



**Talk** - You can talk about bullying to raise awareness of how to tackle bullying and to support each other.



**Support** - You can help someone else through offering support when they are going through a tough time.



**Model** - You can demonstrate how we should all be treated by treating other people with kindness and encouraging others to do the same.



**Report** - You can report bullying behaviour even if it isn't aimed with you. You can do this by telling a teacher or, if it has happened online, reporting through the social network.