

Anti-Bullying Information for Children at St Wilfrid's



Our school is a place where we believe everyone is loved by God. We treat everyone with love and respect to make our school a happy and safe place to learn. We work together to make sure we enjoy positive friendships.



What is bullying?

A bully is someone who uses behaviour more than once to make someone else feel hurt, upset or frightened.

Emotional: leave someone out of games or say unkind or untrue things about them

Physical: hit, kick, punch someone

Verbal: tease someone and call them names that upset them

Racist: using racist names

Cyber: unkind or untrue things by text, email, message

If you are bullied:

DO -

- Use eye contact and ask them to stop!
- Ignore them and walk away
- Talk to a teacher, your mum or dad, a friend or someone you trust
- Use the Listening Box and write down your worries

TELL SOMEONE!

DON'T -

- Feel bad about yourself
- Think it is your fault
- Do what they say
- Get angry or upset
- Hit them
- Hide what is happening

TELL SOMEONE!

Who can I tell?

- A good friend
- My class teacher
- The Mid day meal supervisors
- Mum or Dad

What should I do if I see someone being bullied?

- Tell an adult what you have seen
- Tell the bully to stop it
- Don't stay silent or the bullying will keep happening

How can I help to stop someone bullying me?

- Use eye contact to show you are not afraid of the person
- Tell them firmly but politely to STOP what they are doing
- Remind them of our school policy on bullying
- Walk away
- Try not to show you are upset or frightened
- Ask a friend to help speak for you

REMEMBER – IT'S NOT YOUR FAULT!

No Bullying at St Wilfrid's!

'Growing Success,
Rooted in Faith.'

