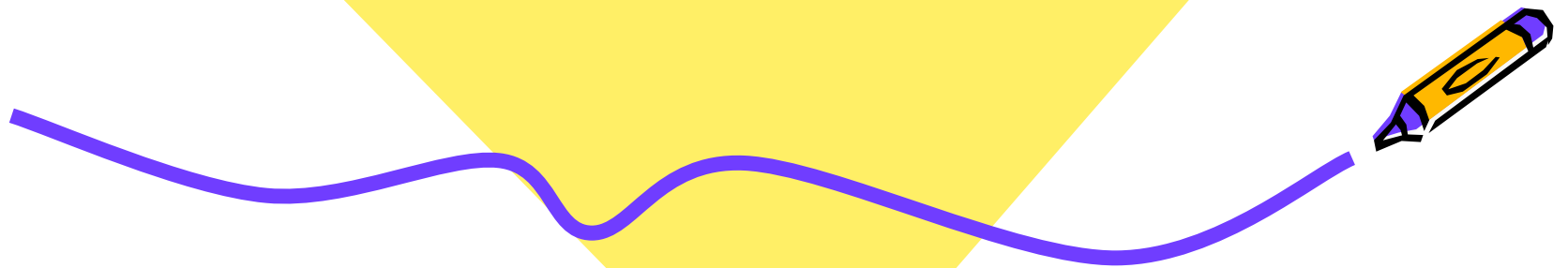
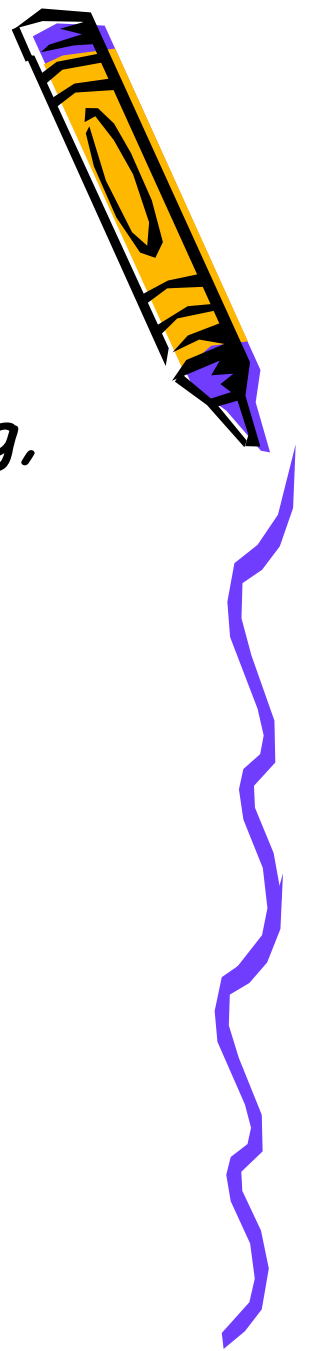


Say NO to Bullying!

Assembly



What is Bullying?



- *Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards other people.*
- *It is usually repeated over a period of time and it is very difficult for the victims to defend themselves.*
- *Bullying is mean and results in worry, fear, pain and distress to the victim/s.*



S.T.O.P!

S Several

T Times

O on

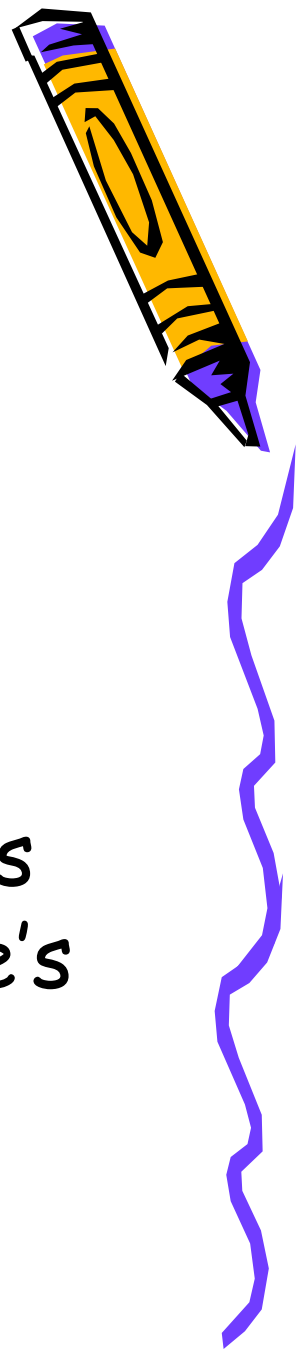
P Purpose

This helps us to remember that
Bullying is often when someone is
unkind more than once.



What is Bullying?

Physical: When someone does something physically to another person e.g. pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things etc.



What is Bullying?

Emotional/Social: When someone does something to upset someone's feelings e.g. - being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation etc.



What is Bullying?

Verbal: When someone upsets someone else by using words e.g. name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone etc.



What is Bullying?

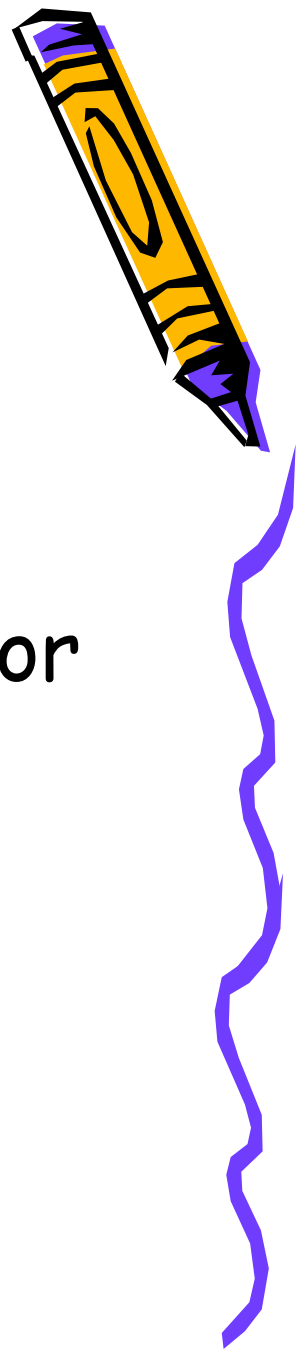
Cyber: When someone uses the Internet, interactive and digital technologies (computers, ipads etc) or mobile phones to torment, threaten, harass, humiliate, embarrass or otherwise target another person.



Victims

People sometimes pick on someone because they are different to them e.g. because of a difference in race or skin colour (Racist bullying).

It could be because they have a different religion (Faith bullying).



Victims

Sometimes people pick on others because they have a different gender to them e.g. picking on a girl because they are a girl, or a boy because they are a boy.

People sometimes pick on others if they are disabled or have an additional need.



Victims

Sometimes people pick on others because they are gay, lesbian, bisexual or transgender. This is called homophobic or transphobic bullying.

Sometimes people use the words like 'gay' as an insult. This is unacceptable.





All forms of bullying
are NOT acceptable.
No-one should be a
victim of bullying.



What should we do?

- S** Start
- T** Telling
- O** Other
- P** People

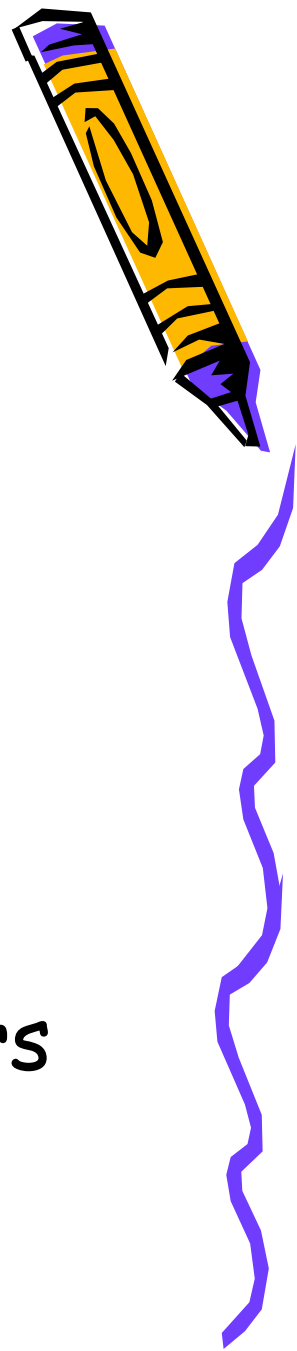
We are a telling school. We tell someone if we are being bullied or if we see someone being bullied.



What can we do?

We can do something ourselves (or others) if bullying happens.

- S** Stand up to the bully
- T** Take action
- O** Open up
- P** Protect yourself and others



Stand up to the bully...

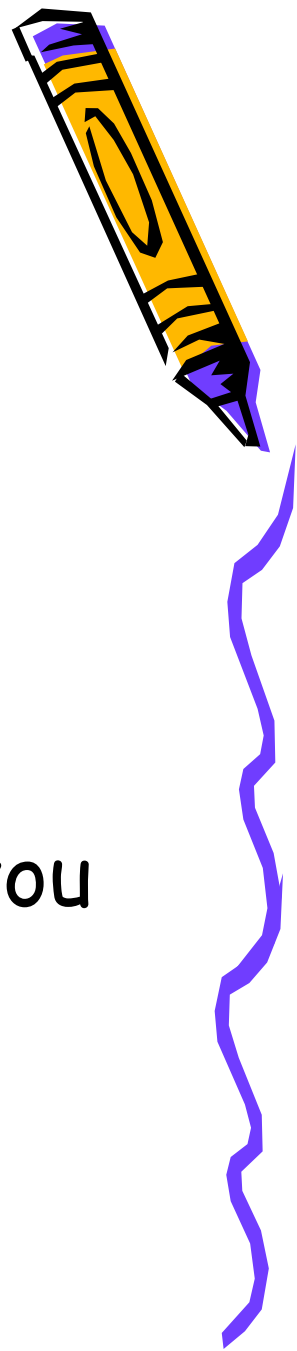
Try to stand up to the person. Use words which are clear, firm and confident to tell the person to **STOP** doing something which is hurting you/hurtful. For example;

- **Stop** calling me names, I don't like it.
- **Stop** whispering behind your hand and looking at me, it makes me feel uncomfortable.
- **Stop** pushing me around. It is unkind and hurts me.
- **Stop** sending me messages like this.
- **Stop** telling other people things about me that are not true.
- **Stop** making fun of me. It is not a joke. I don't like it.

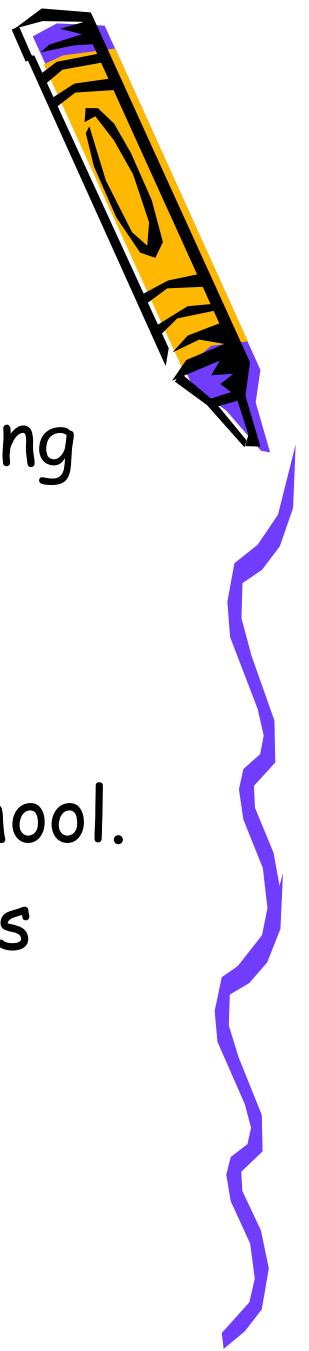


Stand up to the bully...

- Never say horrible things back or react physically.
- Don't worry if you feel you can't stand up to the bully, but **TAKE ACTION** so that others can help you to get the bullying stopped.



Take action...



- Take action to get away from the bullying situation and to get it stopped.
- Always try to keep yourself safe by walking or running away and finding an adult. You can go to any adult in the school.
- You are not on your own. There is always someone in school who will help you.



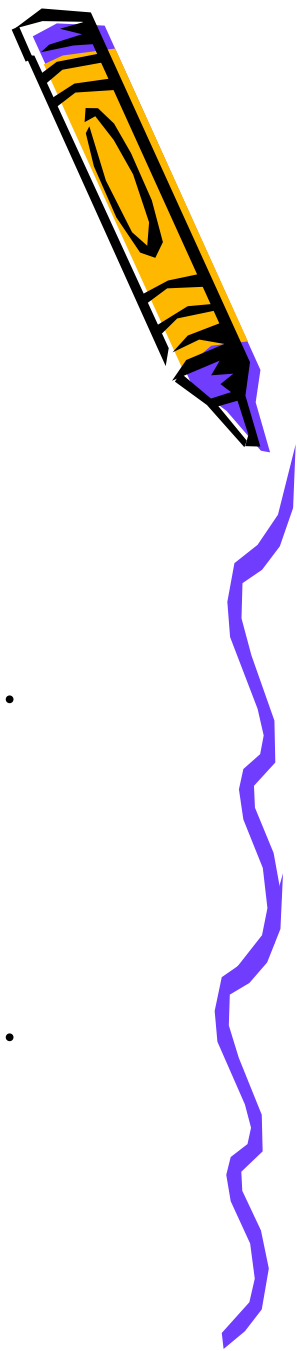
Open Up...



- This means TELL someone.
- Talk to an adult about what is happening. Don't keep it to yourself. This can be any adult in school, or at home.
- If you are worried about telling an adult, tell a friend and ask them to help you to tell an adult.
- Open up about what is happening and how it makes you feel. You can do this in writing or by drawing if you'd prefer.
- If no-one does anything - tell someone else.
 - Keep doing this until someone helps you.



Protect yourself and others



- Remember: No-one deserves to be bullied. Everyone has the right to be safe and to feel safe.
- You can protect yourself and others by telling.
- Remember: No-one deserves to be bullied. Everyone has the right to be safe and to feel safe.
- You can protect yourself and others by telling.



Remember...

- S** Start
- T** Telling
- O** Other
- P** People

The adults in our school will always listen to you. They will help and they will take action.

