

Definition of bullying:



St Paul's
CATHOLIC SCHOOL

Ministerium Tuum Imple Love Serve Do the best that is possible

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Source:



**ANTI-BULLYING
ALLIANCE**

www.anti-bullyingalliance.org.uk

Bullying behaviour can be:



- Physical – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal – name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.



- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect – Can include the exploitation of individuals.

I am being bullied



If you are being bullied it's important that you tell someone you trust.

- Tell someone that you trust (form tutor, year leader, chaplaincy and pastoral leader, the Sharepoint safeguarding button).

Don't retaliate.

Don't blame yourself.

- Be proud of who you are.

