

# We are an Anti-Bullying School



**Bullying is deliberately hurtful behaviour that is repeated over time.**

Bullying can be:

**Emotional;** being unkind, excluding, provoking, name calling, teasing, making gestures.

**Physical;** pushing, hitting, kicking or any use of violence.

- Be kind
- Don't bully other people
- Don't be a bystander
- Don't be a reinforcer
- Tell an adult if you are being bullied