

# WE ARE AN ANTI-BULLYING SCHOOL



**Bullying is deliberately hurtful behaviour that is repeated over time, where there is an imbalance of power.**

Bullying can be:

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

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

**Online:** sending messages, unkind posts, sharing unkind things

- Be kind
- Speak up if you see or hear something that isn't right
- Speak to an adult if you or someone else is being bullied

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Target - The person the bullying is aimed at.



Ring Leader - The person leading the bullying or encouraging others to.



Reinforcer - Don't join in with bullying but encourage it e.g. watch, laugh or encourage others.



Assistant - Person/s actively involved in doing the bullying.



Defender - Helps the target or encourages bullying to stop .



Bystander / Outsider - Those who ignore the bullying and don't get involved.