



Bullying can happen at school, after school and online



ASHLANDS SAYS 'NO' TO BULLYING

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people.

A useful way to remember bullying is **STOP**

SEVERAL TIMES ON PURPOSE

Bullying can be:

- Hitting or saying you are going to hit someone
- Touching someone when they don't want you to.
- Hurting someone on purpose.
- Making someone feel unhappy or scared.
- Calling someone names, teasing, saying nasty things about someone to them or other people.

Ashlands is.....

- a place where everyone has the right to be themselves.
- a place where everyone can feel safe, be happy and learn.
- place where everyone is equal and acts with respect and kindness towards each other.

At Ashlands we do not tolerate bullying.

If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your family or friends, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.



What should I do if I feel I'm being bullied?

Tell someone you trust.

- Tell a teacher
- Tell a friend who will be able to help you
- Tell any other adult staff in school
- Tell an adult at home
- Write a note about the bullying in the worry box.
- Call Childline at any time for free on 0800 1111.