

Lockyer's Middle School

Anti-bullying Advice.

Article 19 - You have the right to be protected from being hurt and mistreated, in body or mind.



Article 12 Group 2017/18

What is bullying?

Bullying is when someone or a group of people are physical or emotionally harmful to another person.

The actions are repeated Several Times On Purpose.

Cyberbullying is when unacceptable behaviour is expressed online or through text message.

What to do if you or someone else is being bullied.

- Talk to someone you trust about it – don't hide it inside.
- Show them that you are not afraid – remove yourself from the situation and find help.
- Telling someone will help stop the problem from getting worse.
- If you think someone else is being bullied, go and get them help.
- Don't react back to the bully.

I have the right to...

- Feel safe.
- Have someone to talk to / share my worries with.
- Have somewhere to go when I'm feeling worried.
- Be valued.
- Be happy at school.
- Be respected.
- Not be bullied.

I have the responsibility to...

- Be kind to others.
- Help those who are being bullied.
- Spread the message that bullying is not ok.
- Think before I act.
- Ensure that what I put on social media is thought about and sensible.
- Think about other people's feelings.

