



Anti-Bullying Policy



What is bullying?

- Bullying is when someone is constantly hurting you
- It can be physical, verbal and online; which is called cyber bullying



What do you do?

- If you are being bullied, tell a person you trust. That person may be a parent, sibling, teacher, friend or a family member



What bullying is not:

- If you have fallen out with a friend it is not bullying
- If someone has called you a name once it is not bullying, bullying is persistent

