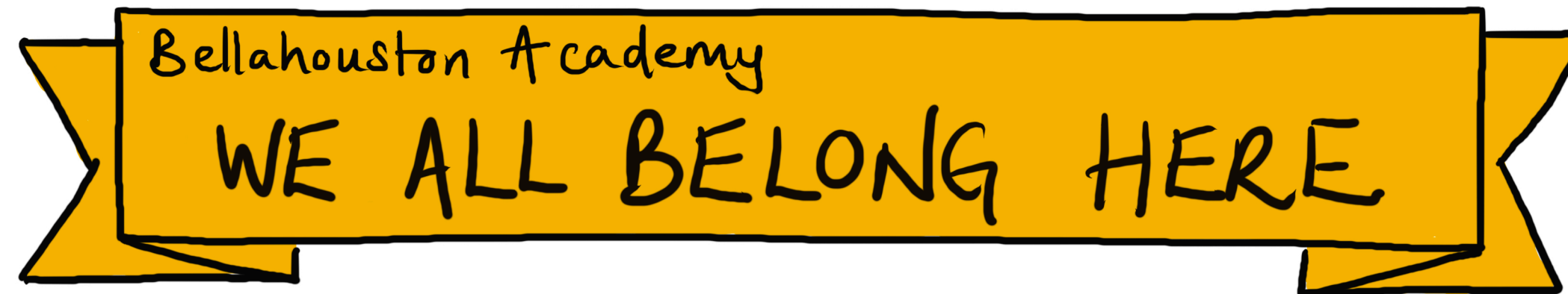


We will aspire, grow & achieve together, within a culture of respect.



At Bellahouston Academy we're committed to addressing bullying behaviour swiftly & effectively.

WHAT CAN PUPILS DO?

TELL SOMEONE

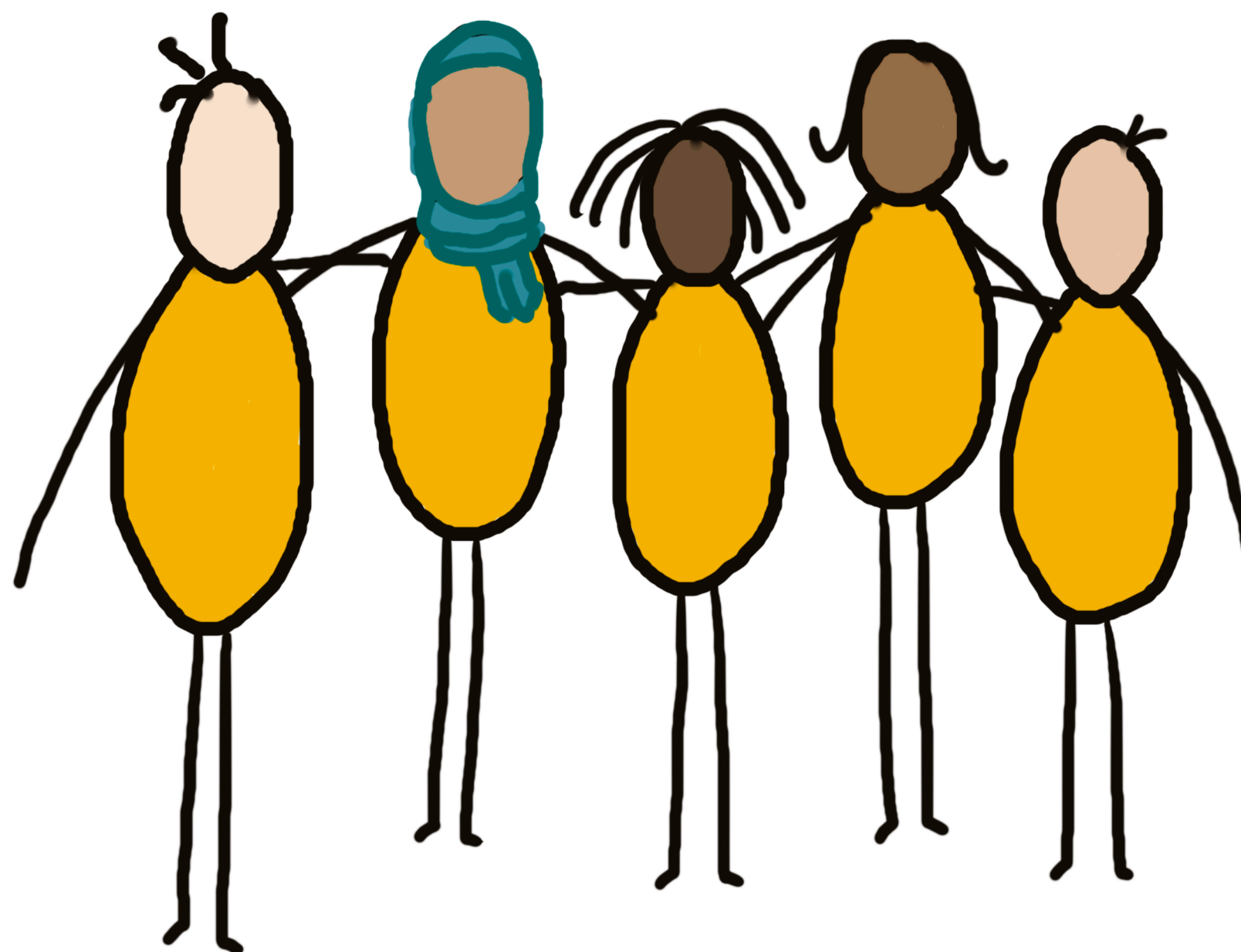
Let a friend or a trusted adult know if you're being bullied.

KNOW WHAT BULLYING IS

Log onto respectme.org.uk to find out about types of bullying

WALK AWAY

Try not to retaliate it can often make things worse.



SHOW RESPECT

Treat others kindly, try to include them & value their diversity.

BLOCK, UNFRIEND, REPORT

Protect yourself online & keep any screenshots of offensive messages.

REFLECT on your BEHAVIOUR

If you can see your words or behaviour are upsetting someone, try changing them.

KEEP A RECORD

Bullying can be hard to describe. Keeping a record can help you with this.