

What is bullying?

Bullying is deliberate and always intentional; it is never a mistake. There are three main people involved in bullying or more: the witness, the person being bullied and the person doing the bullying. Bullying happens more than once and is ongoing.

How many ways of bullying is there?

There are three main types of bullying which are:

Cyber bullying-bullying that is done online and people send you nasty comments

Verbal bullying-the person doing the bullying is making fun of you because you're different using nasty words

Physical bullying- the person doing the bullying uses their body to hurt you in any way (kicking, punching, etc.)

Who is involved in bullying?

The person doing the bullying can be one person or a group of people. Obviously, the person being bullied

is involved and finally the witness. A witness is someone who sees the bullying happening and should always tell an adult or a teacher.

What does the person doing the bullying have over the person being bullied?

There is a sense of unbalanced power. This can be in many ways from: your appearance –height; strength; an object-a toy; popularity. In many ways there can be a sense of unbalanced power.

What should you do if you're being bullied or are a witness?

Immediately, you should go and tell a teacher or parent. You should tell an adult before the bullying gets too serious and before someone gets hurt. If you are getting bullied online you should keep the messages as evidence and show an adult.

In conclusion, at Saxon we don't tolerate bullying. Therefore if you are being bullied then you can be helped; you also know the difference between bullying and having a quarrel with your friends. Remember if you're being bullied always tell an adult before it gets too serious.



In this anti-bullying leaflet, created by the School Councilors, you will find out the definition of bullying and who is involved in bullying. Bullying is wrong and is not tolerated at Saxon.



Anti-bullying leaflet!

