

What is bullying?

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Bullying is a deliberately hurtful act aimed directly at a person. It is continuous behaviour, not just a one-off event. It is defined by the victim's feelings and causes harm or upset.

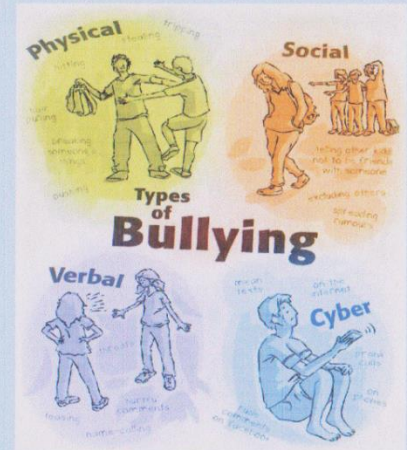
Leaflet produced by
The Seton Shields:
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What is the difference between bullying and a friendship fallout?

Bullying is when someone is horrible to you regularly.

A friendship fallout is something that does not happen every day, it just happens once or twice and you make up again as friends.



Physical - Involves hitting, pushing, shoving, tripping and other kinds of forces, including stealing.

Verbal - Involves threats, hurtful comments, name-calling, teasing.

Social - Involves telling other kids not to be friends with someone, excluding others and spreading rumours.

Cyber - Involves bullying online, texts, prank calls. Nasty or threatening messages by text or online.



Seton Shields

Who are they?

The Seton Shields are Anti-Bullying Ambassadors that help people get along and give advice to others. They are having special 'Anti-Bullying' training to raise awareness of bullying and to know how to help prevent it ever happening in our school.

What do they do?

They help stop bullying and friendship fallouts at playtimes and lunchtimes. They can be recognised by their special blue caps.



What to do if you are being bullied:

- 1.) Stand up for yourself firmly but calmly.
- 2.) Walk away, remembering that it is not your fault.
- 3.) Don't keep it a secret - tell a Seton Shield or an adult straight away.
- 4.) DO NOT fight back.

If you need help and you are at home, you can always call CHILDLINE on 0800 1111



An Anti-Bullying Guide for Children

Don't bully,
be a friend.