

Make sure our school is bullying free!

Calling all pupils!!



This leaflet is by the School Council to help you if you are not sure what to do about bullying. Please read the advice and ask your class council if you have any questions.

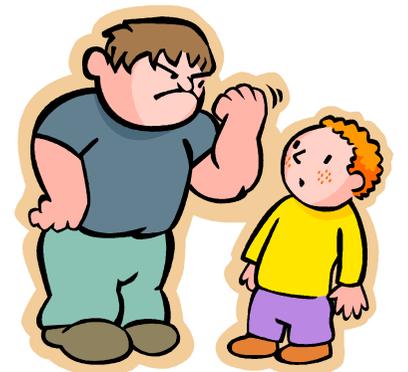
Stopping Bullying

The School Council  
St Joseph's Primary School  
54 Greystone Road  
Antrim  
BT41 1JZ

Phone: 02894 462076  
Fax: 02894 462076  
Email: [info@stjosephsps.antrim.ni.sch.uk](mailto:info@stjosephsps.antrim.ni.sch.uk)

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St Joseph's  
Primary School  
Pupil Council



Tel: 02894462076

## ► What is Bullying?

Bullying can be when someone does all or some of these things to you:

- Hitting, punching or pulling hair
- Name calling using any kind of names that you do not like
- Using bad words
- Stealing from you
- Kicking
- Spitting
- Scaring you through texts or social networking (cyber bullying)

Bullying happens when someone is horrible to you a lot and you feel like it happens all the time. It can make you feel scared or sad.

If something happens once, that may not be bullying but you should still tell someone.

### What can you do?

You must tell someone if you or someone you know is being bullied.

### Who can you tell?

You can tell any adult you feel comfortable talking to.

- Mum or Dad
- Aunt or Uncle
- Granny or Grandad
- Teacher
- Mrs Treacy
- Mr McGinley
- Lunchtime supervisor
- Family Friend
- Call Childline for advice  
0800 1111

Or you can tell a friend or member of the school council and ask them to help you tell.



### Be Responsible!

Remember that if you see or know someone who is being bullied you have a responsibility to help. This does not mean putting yourself in any danger but going to get an adult straight away to help.

Don't forget bullies need help too! Help them to make friends and learn to play so that they don't need to bully anymore. Our buddies and peer mentoring team can help!



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