 **Anti-bullying at North Ridge High School**



**What is bullying?**

A bully is someone who hurts someone more than once, by using words or behaviour which is meant to make them upset or frightened.

Bullying can take different forms:

* **Emotional**: Hurting people’s feelings, leaving people out
* **Physical**: Punching, kicking, spitting, hitting, pushing.
* **Verbal**: Being teased, name calling, rude comments.
* **Cyber**: Saying unkind things by texts, e -mail or online.

**How will we try to protect you?**

* We will provide a safe environment.
* We will listen to your feelings.
* We will support you and help to make things better.
* We will talk to the bully about how they have made you feel.

**If you or your friend are being bullied:**

* **Ignore**: don’t try and get your own back
* **Talk firmly**: tell the bully to stop
* **Walk away**: find somewhere you feel safe
* **Report**: tell a safe adult

**If you need to talk – we will listen!**

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