



Anti-bullying at North Ridge High School



STOP **BULLYING**

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

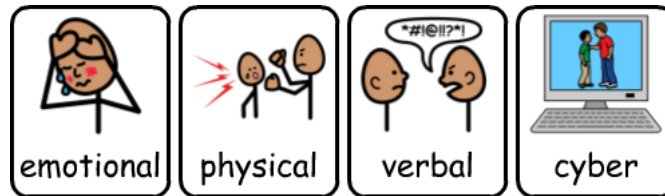
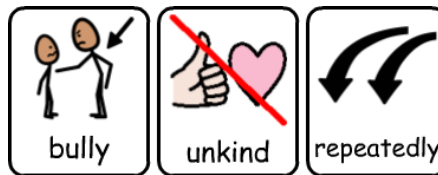
If you need to talk - we will listen!

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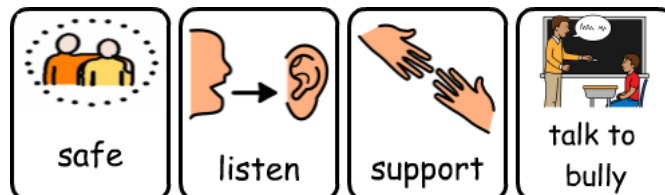


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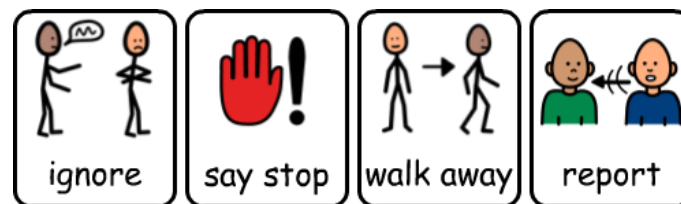
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