

# WHAT IS BULLYING?



Bullying is when individuals or groups of people try to harm or intimidate someone on purpose several times. At OPA Lofthouse Gate we follow the STOP principle to help tackle bullying. Bullying does not only occur once however if you feel that someone is being unkind, still tell an adult in school. They can help! Bullying can take many forms: name calling, tormenting, hitting, kicking, spreading lies, mocking and making offensive comments.



## WHAT TO DO IF YOU THINK YOU ARE BEING BULLIED.

If you think you are being bullied there are several things you can do including:

- Walk away and find other friends
- Tell an adult when it happens
- Talk to the mental health and well being champions
- Find a peer mediator
- Tell a trusted friend, they could help you get the support you need
- Tell your parents



It's really important to tell someone! You aren't alone!



## WHAT DOES OPA LOFTHOUSE GATE DO TO HELP?

At OPA Lofthouse Gate we do lots of things to promote anti-bullying. We celebrate anti-bullying week every year but we also do things every day to help stamp out bullying in our school. We can talk to our teachers when we feel we need to be but we also have:

- Mr Sagoo our learning manager
- Peer mediators
- Health and well being champions
- Time to sessions based around anti-bullying



We take bullying incidents very seriously and such events are dealt with appropriately.

