

## 1. What is Bullying?

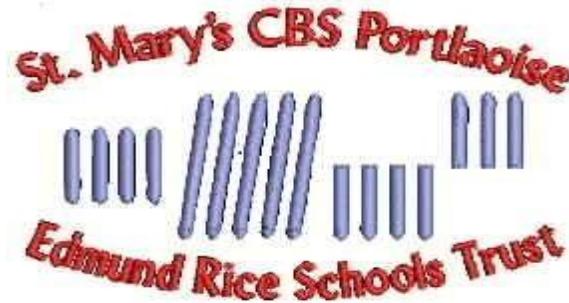
**Bullying is an intentional, targeted and unwanted negative behaviour that is repeated against a person who has difficulty defending himself.**



## 2. Types of Bullying

- **Verbal-** Name calling, passing nasty comments, spreading rumours.
- **Physical-** Pushing, shoving, hitting etc.
- **Gestures-** Threatening gestures or glances that convey threatening messages.
- **Exclusion-** This is where the bully deliberately leaves the victim out of things.
- **Extortion-** This is where the bully threatens to hurt you if you do not do as s/he says.
- **Cyber Bullying-** This is a type of bullying where the bully attacks you online in the form of threatening emails, texts, or posts on social media.

## First Year Wellbeing



“From Each his Best”

## 3. How to respond to Bullying?

- **Don't ignore it.**
- **Tell the Bully to stop.**
- **Seek Help:** Telling someone can be difficult but it can be the most important step to helping to resolve the situation.
- **If you observe** someone else being bullied- if you can help the victim do, if you feel too threatened to help tell a member of staff.

## 4. Our Response to Bullying in St. Mary's CBS

- Bullying in any form is **unacceptable** and will not be tolerated in our school community.
- Bullying incidents will be **investigated fully** and dealt with via the schools Anti-Bullying Policy and the Code of Behaviour.

