

**ANTI-BULLYING PUPIL INFORMATION SHEET**

**Is it bullying?**

It is if you feel hurt because on more than one occasion individuals or groups are:

- calling you names;
- threatening you;
- pressurising you to give someone money or possessions;
- hitting, kicking, pushing you;
- spitting at you;
- damaging your possessions;
- spreading rumours about you or your family;
- taking, damaging or hiding your belongings;
- intimidating, isolating or excluding you from a group;
- using text, email or web space to write or say hurtful things (cyber bullying).

It is bullying if you feel hurt because of things said about your:

- ethnic background;
- appearance;
- religious faith;
- gender;
- disability;
- sexuality;
- special educational need;
- appearance;
- issues in your family.

**Pattison College does not tolerate bullying.** This is what we do about bullying:

- make sure that the person being bullied is safe;
- work to stop the bullying happening again;
- provide support to the person being bullied.

**What should you do?**

- Tell an adult of your choice.
- If you feel nervous about doing this by yourself take a friend with you.