

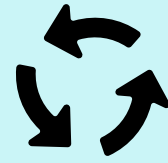


SEFTON PARK

What is Bullying?

In Sefton Park Primary School, our definition of bullying is:

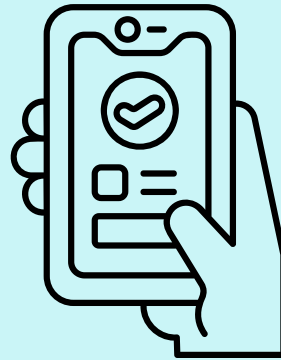
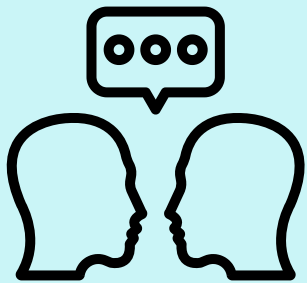
Repeated (happens again and again)



On purpose

When someone uses their power to hurt someone else

It can happen face-to-face or online.



What should I do if I am worried about bullying?



Tell your class teacher
Tell a trusted adult
Tell a lunchtime adult
Use your class Worry Box
Tell your parents or carers



Bullying is when someone can hurt you physically or verbally and you can feel unsafe and unhappy at school.

Ruby Year 5



Don't be scared to tell. You deserve to share your worries and get it sorted out.

Sami Year 5



We Promise

- To help you feel safe
- To deal with bullying quickly
- To support everyone involved
- To keep trying until it stops

At our school, adults will:

- ✓ Listen
- ✓ Believe you
- ✓ Help you
- ✓ Take it seriously

Always tell someone.
Lujain Year 2