ANTI-BULLYING AT GREENLANDS

BE KIND. BE BRAVE. INCLUDE EVERYONE.

EVERYONE BELONGS HERE!

AT GREENLANDS, EVERYONE HAS THE RIGHT TO FEEL:

- HAPPY
- SAFE
- WELCOME
- INCLUDED

BE KIND

WHAT IS BULLYING?

- BEING HURTFUL ON PURPOSE
- REPEATED BEHAVIOUR
- DIFFICULT FOR THE PERSON BEING BULLIED TO STOP IT ON THEIR OWN

TOGETHER WE CAN STOP BULLYING!

BULLYING CAN HAPPEN IN DIFFERENT WAYS

PHYSICAL	VERBAL	INDIRECT	ONLINE
INCLUDES HITTING, KICKING, TAKING OR DAMAGING SOMEONE'S BELONGINGS	NAME-CALLING, INSULTING OR SAYING HURTFUL THINGS	LEAVING SOMEONE OUT, SPREADING NASTY STORIES OR RUMOURS	USING THE INTERNET TO CALL SOMEONE NAMES OR HARASS THEM.

WE ARE ALL DIFFERENT AND WE ALL BELONG!

NOBODY SHOULD BE BULLIED FOR:

- RACE, RELIGION, BELIEF OR CULTURE
- SEX, GENDER OR SEXUAL ORIENTATION
- DISABILITY OR ADDITIONAL NEEDS
- AGE
- FAMILY OR HOME LIFE
- APPEARANCE OR ANYTHING ELSE!

STAND UP FOR OTHERS

IF YOU SEE SOMEONE BEING BULLIED...

- DON'T IGNORE IT AND TELL AN ADULT
- BE A GOOD FRIEND AND SUPPORT OTHERS
- HELP EVERYONE TO FEEL SAFE AND INCLUDED

IF YOU FEEL YOU'RE BEING BULLIED:

- **T** TELL AN ADULT YOU TRUST AS SOON AS YOU CAN
- **E** EXPLAIN WHAT HAS HAPPENED
- **L** LET THEM KNOW IF IT HAPPENS AGAIN
- **L** LET'S REMEMBER - IT IS OKAY TO TELL!

WHAT WILL THE ADULTS DO?

- LISTEN TO YOU AND TAKE IT SERIOUSLY
- HELP YOU TO FEEL SAFE
- TALK TO THE CHILDREN INVOLVED AND ANYONE WHO SAW WHAT HAPPENED
- TAKE ACTION TO STOP THE BULLYING
- KEEP CHECKING THAT IT HAS STOPPED

THNGS TO REMEMBER

- BE KIND
- BE BRAVE
- SPEAK UP
- INCLUDE EVERYONE
- TOGETHER WE CAN STOP BULLYING

GREENLANDS HERE TO LEARN HAPPILY

A HAPPIER, SAFER SCHOOL FOR EVERYONE!