



Anti-Bullying

Holly Lodge
Primary Academy

What is bullying?

Bullying is when a person or a group of people is unkind to another person, repeatedly over time.

We say that bullying is when someone is unkind...

Several

Times

On

Purpose.



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What kinds of bullying are there?

Bullying can be...

- **Physical:** punching, kicking, pushing, hitting.
- **Verbal:** in words, being teased or called names.
- **Emotional:** leaving people out or ignoring them.
- **Online/cyber:** through electronic devices.
- About someone being **different** in some way.

At Holly Lodge, we know that all types of bullying are hurtful.



What should you do if you are being bullied?

All of the adults at Holly Lodge want to help you if you are being bullied. We promise to take bullying seriously.

If you think you are being bullied, **tell** someone you trust like a teacher or your parents.

You should...

Start

Telling

Other

People.



If you think someone else is being bullied, tell an adult.

How can we prevent bullying?

At Holly Lodge, we try to be good friends to each other by showing our values.

Respect

Effort

Achievement

Care

Honesty

Good friends are kind and listen to each other.

