

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.

