

# Stop and THINK...

Before you speak:

## THINK

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?

Words can help people feel happy, safe and loved, but they can also hurt feelings if we're not careful. That's why it's important to stop and **THINK** before we say something. If what we're about to say isn't true, helpful, inspiring, necessary or kind, maybe we shouldn't say it at all.

*Let's use our words to lift each other up!*

# Remember...

If everyone follows St Anne's school values, we can work together to stop bullying.

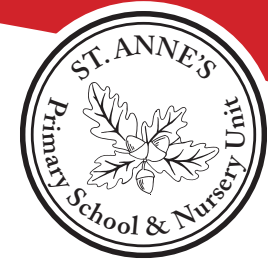


*Together, we nurture a love of learning, a love for ourselves and each other, and a love of the world we all share*

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# Mighty oaks from little acorns grow



*Step Up, Speak Out...*

## Our School's Anti-Bullying Guide

# What is bullying?

**St Anne's pupils agree bullying is** when someone is deliberately hurt or frightened by other people. You can be bullied by one person or by multiple people.

**Bullying is** something that usually goes on over and over again. Hitting, pushing, saying mean things, calling names, not letting people join in, making fun of a person and ganging up on one person can all be bullying.

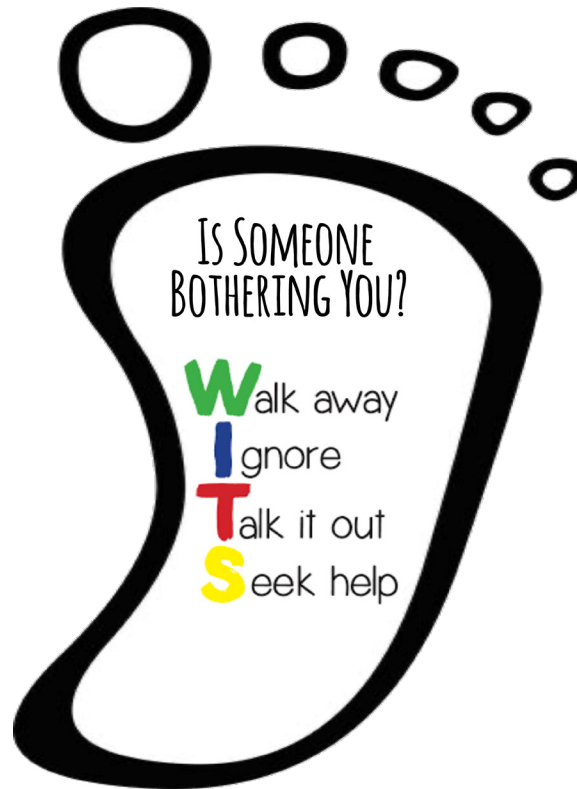
**Being bullied** can hurt both your feelings and your body. It can make you feel small and sad.

## Bullying can be

- **Physical:** punching, kicking, spitting, hitting, pushing
- **Emotional:** hurting people's feelings, leaving people out, being bossed around
- **Verbal:** being teased or made fun of, calling names, rude comments
- **Racist:** saying unkind things about someone because of the colour of their skin, their religious beliefs, or their culture
- **Cyber:** saying unkind things by text, online or on social media apps

# Use Your WITS!

Sometimes people say or do things that hurt our feelings or make us feel uncomfortable. If someone is bothering you, remember you don't have to deal with it on your own. You can use your WITS to help you make a smart and safe choice:



## Try not to:

- Do what they say
- Copy their behaviour
- Get angry
- Hit them
- Think it's your fault
- Keep it to yourself

# You're Not Alone

## Who can I tell?

- My teacher
- My classroom assistant
- My lunchtime supervisor
- Any other 'trusted adult' at school or at home
- My family at home

## What should I do if I see others being bullied

- Tell an adult straight away what you have seen or heard
- Try to speak up and not stay silent
- Try not to get involved as you may end up getting hurt yourself

