



# New Leaf Triangle Accessible Anti-bullying Policy

(updated Apr24)

## What is Bullying?

Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.

## Bullying can be:

### Physical

- hitting
- pushing and shoving
- fighting
- tripping
- yelling at someone
- making rude gestures
- taking or breaking another person's things

### Emotional

- name calling
- making fun of someone
- laughing at someone
- leaving someone out on purpose



- starting rumours or telling lies about someone
- sending mean messages on a computer or phone
- trying to make someone feel bad about who they are

## Where Does Bullying Happen?

Bullying can happen anywhere. It can occur in your neighbourhood, while going to school, at school, and while on-line.

## What is Cyberbullying?

Using technology—internet, email, phones, social media, pictures— to hurt or harm someone else.

Includes:

- Sending mean text messages
- Posting statements online that are unkind or not true
- Sending or posting pictures that are not yours to share
- Making negative comments online about someone
- Agreeing with someone who posts something hurtful

**Bullying is never okay, cool, or acceptable.**

**No one EVER deserves to be bullied.**



## If you are being bullied, or have seen someone else being bullied, you should tell someone.

- Talk to a friend, your parents/carers or a member of staff at school or at New Leaf.



- You could write them a note if that is easier for you.
- Don't be tempted to respond to any bullying or hit back because you could get hurt or get into trouble.
- Your parents/carers or the staff member will speak to a manager at New Leaf – Lorraine, Troy, Lydia or Laura.
- We will respond to your worries on the same day and arrange a time to meet to talk to you about it in more detail.



# STOP BULLYING

STAND UP. SPEAK OUT.

Written by: Carly Steel, Date: 19.10.2020  
(updated by Kath Carter 29<sup>th</sup> Apr 24)