



What is bullying?

When someone is constantly being hurtful to someone else and making that person feel sad and uncomfortable.

Bullying can include:

- Cyber bullying
- Physical Bullying
- Verbal Bullying

Designed by the
School Council

Ella Sage
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Aimee Fitzsimons
Cara Blaney
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Ben McCann
Caitlin Gilchrist
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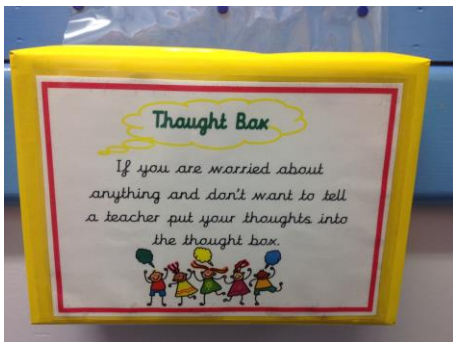
www.stbrigidsprimaryschool.com

**St Brigid's
Primary School,
Downpatrick**



Who can I tell?

- Class Teacher
- Designated Teachers:
Ms Lloyd &
Mrs McCavera
- Principal: Mrs Miller
- Parents
- Staff at school
- Friends
- Childline
- Thoughts Box



Bullying is wrong.

Nobody has the right to hurt or upset others. Our school will do everything they can to protect children from bullies. You should not hurt other people by hitting them, kicking them, calling them names, sending them threatening text messages, spreading rumours about them, or by doing anything else which is intended to be upsetting.

If this is happening to you:

- ask for help.
- Remember that it is not your fault.

It is the people who are bullying who need to change, not you.

Choose Respect:

Respect for Yourself

Respect for Others

Responsibility for your actions

Treat others the way
you would like to be
treated

It's OK to be different

Love your neighbour as
yourself