

# St Brigids P.S Glassdrummond



What to do if you are on the receiving end of Bullying Behaviour?

One of the best things you can do is...

**Tell!**

Make sure you tell a safe adult!



What to do if you see another child receiving bullying behaviour?

Ask them if they are ok. Make sure that an adult knows what is happening to that child . Make sure the person displaying bullying behaviour knows that what they are doing is wrong.

Here at St. Brigids we are a bullying free Zone!!!

What to do if you think you are using bullying behaviour towards someone?

**Stop!**

Stop and apologise. Make sure the person you are using bullying behaviour against knows that you are sorry for all you have done and that you will stop.



**Think before you speak!**

**T** is it true?

**H** is it helpful?

**I** is it inspiring

**N** is it necessary?

**K** is it kind?

**What is bullying?**

Bullying is when a person or group **REPEATEDLY** hurts you physically or emotionally on **PURPOSE.**