

WHAT IS BULLYING?

“Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.”

V

VERBAL

Hurtful words, offensive language, swearing, discriminatory language

I

INDIRECT

Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation

P

PHYSICAL

Hurting someone intentionally, kicking, punching, pinching, spitting, slapping

Are you experiencing or witnessing any of these forms of behaviour?

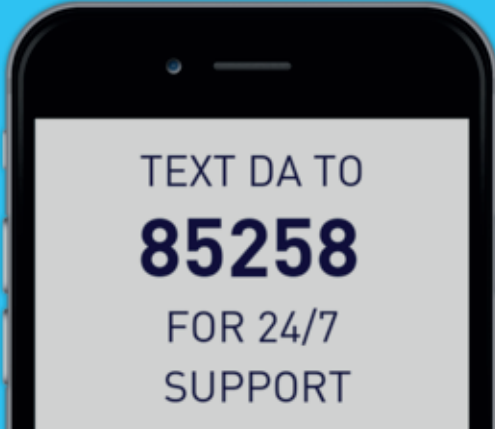
If so – **IT IS BULLYING**

Please report it to:

- ➔ Anti-Bullying Committee member (Ambassador)
- ➔ Any member of staff
- ➔ Your "Go To" Adult
- ➔ Email antibullying@swanmore-sec.hants.sch.uk

DIANA AWARD
CRISIS MESSENGER_

NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER
IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK.



TEXT DA TO
85258
FOR 24/7
SUPPORT