

Bullying actions are:

Several Times On Purpose

with the intent of hurt or upset

There is often a power imbalance



Emotional bullying

The use of words to isolate, mock, or tease another individual.

Physical bullying

Where someone uses their body or an object to hurt or scare another person.

Prejudice related bullying

Any form of bullying related to the characteristics considered unique to your identity, such as your race, religion, sexual orientation or physical appearance.

Cyber bullying

Bullying with the use of digital technologies.

Banter

The playful and friendly exchange of teasing remarks which can cross the line from being friendly to hurtful; which is why we do not tolerate banter at SJCS.

Staying safe online

Staying safe online

The three C's
of internet
safety

Content
Contact
Conduct

Know the
risks when
online

Recognise
and avoid
dangers



Content	Contact	Conduct
Be aware of adverts and SPAM.	Do you know that person?	Is it legal?
Don't give away your personal information.	Would you say that to the person face to face?	Are you being pressured to do something you do not want to do?



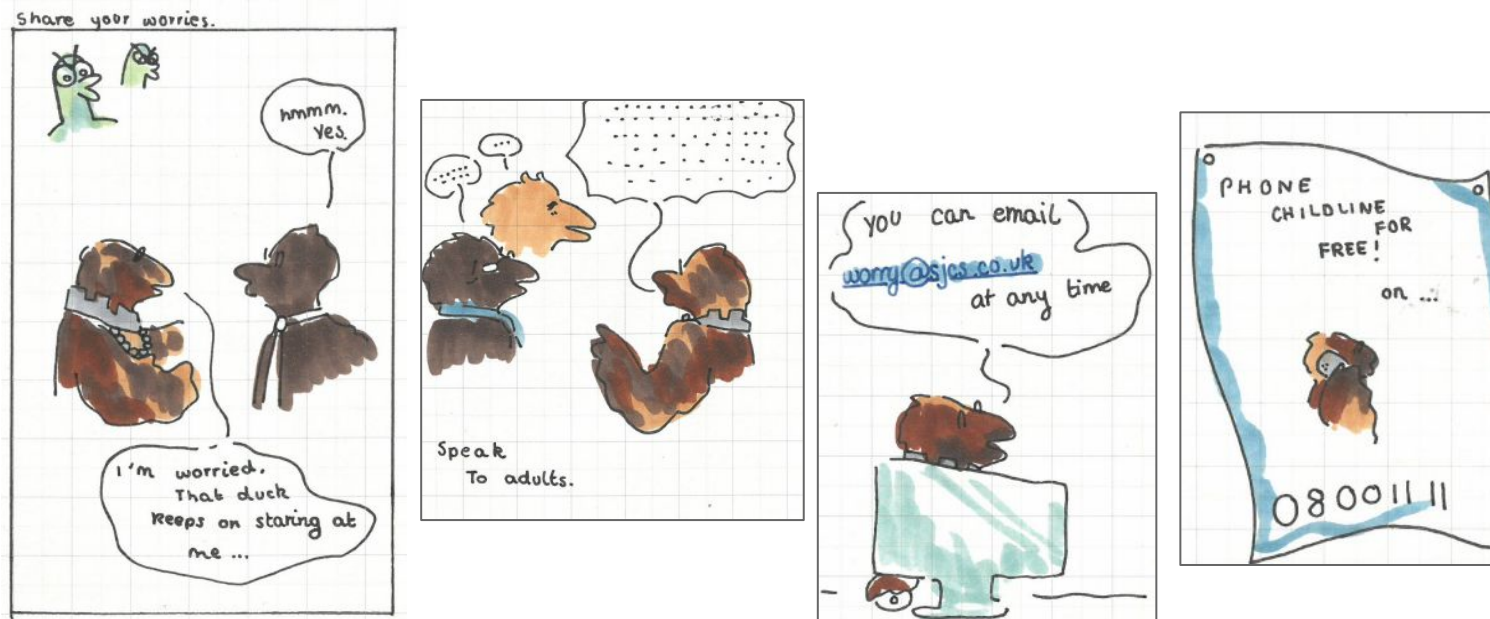
Helpful
websites



If you witness bullying, or are being bullied yourself, you should

Start
Telling
Other
People

To help yourself or others



Be brave and share your worries

Talk to your parents or other adults you can trust – consider those on your safety network

You can email worry@sjcs.co.uk At any time

You can phone Childline for free on 0800 11 11

When you

Stop
Judging,
Cruelty
Stops

Click here! →

childline

ONLINE, ON THE PHONE, ANYTIME