

What is Bullying?

Bullying is repeated, targetted behavior that involves a real or perceived power imbalance.

Types of Bullying:

- Physical: Hitting, pushing, tripping
- Verbal: Name-calling, teasing, threats
- Social: Spreading rumors, excluding someone
- Cyberbullying: Hurtful messages or posts online



Why It Matters

- Hurts Self-Esteem
- Causes Anxiety & Depression
- Affects School & Social Life

Bullying can have lifelong emotional and psychological effects.

Let's stop it together.



What You Can Do

- ☒ Speak Up - Tell a trusted adult
- ☒ Support Others - Be a friend to someone being bullied
- ☒ Report It - To a teacher, parent, or staff member
- ☒ Don't Be a Bystander - Your voice matters!

We're Here to Help

At Our Lady Immaculate Primary School,
we are committed to creating a safe environment that all children can live and learn
together

 Talk to your teacher or pastoral team at any time.

 Visit our website: <https://www.oliprimary.co.uk>

 Read our Anti-Bullying Policy

Choose Kindness Every Day

A safe school is a happy school.
Let's build a culture of kindness
and respect—starting with you.

