

Preventing Bullying at Belmont



What is bullying?

Bullying is an act of aggression, causing embarrassment, pain or discomfort to someone. It can be a physical act or emotional in nature, such as verbal abuse, making gestures, and exclusion. It is an abuse of power. It can be planned and organised, or it may be unintentional. It may be perpetrated by individuals or by groups of pupils.

Ways to Stop bullying:

- Use TAG. Sometimes children don't know that their behaviour is hurtful
- Post a form in our Action Station outside the Inclusion Office
- Tell an adult in school
- Tell your parents and ask them to speak to your teacher

- ✓ More than once
- ✓ On purpose
- ✓ Hurtful
- ✓ Makes the victim feel helpless
- ✓ Violence, hurtful words, ganging up
- ✓ face-to-face or on the Internet

If someone is behaving in a way towards you that can be described in any of these ways, ACT NOW.

At Belmont, everyone has the right to feel safe and happy.