

How to deal with bullying behaviour – as a Student



If you are being bullied:

STEP 1: Leave - Non-Reactive - Ignore it/Walk away
AND/OR

STEP 1: Say - "I don't like it when you say/do that"
AND/OR

STEP 2*: Tell- a teacher or another adult
Repeat STEP 2 if the bully tries again

If you see someone being bullied- your responsibility:

See something – Say something –

You need to tell a teacher or another adult

Bullying – no-one thinks big of you!!!

*** *Bonnyrigg High School is a No Bully Zone***

How to deal with bullying behaviour – as a Parent



Encourage your child to talk about bullying

**Encourage your child to follow the school's reporting
procedures – tell a teacher**

**Contact the school if your child's efforts to deal with the
bullying do not appear to be working**

**Teach and model assertive behaviour; do not encourage your
child to “fight back”. Assertive body language, being non
reactive and talk such as “leave me alone” is more effective.**

**Teach empathy and helping behaviours to enable your child to
support victimised peers. When students stop being bystanders
to bullying that they witness and stand up to the bully on
behalf of their peers the bullying rate drops.**