

*I am the person you bullied at school
I am the person who couldn't be cool
I am the person you alienated
I am the person you ridiculed and hated*

*I am the person who sat on her own
I am the person who walked home alone
I am the person you scared every day
I am the person who had nothing to say*

*I am the person whose name you don't know
I am the person who just can't let go
I am the person who has feelings too
And I was the person just like you*

BULLYING

"The intentional hurting of one person by another, where the relationship involves an imbalance of power. It is usually repetitive or persistent although some one off attacks can have a continuing effect on the victim"



WHO SHOULD YOU TELL?

You can talk at the key stage office with your Student Guidance Professional or your form teacher, school chaplain, or subject teacher. You can take a friend. You can ask a member of your family or a friend to report it for you, or just write and post it in the school anti-bullying box at student services.

WHY SHOULD I TELL?

We will try and make you feel safe. We will attempt to stop the bullying for good. We will deal with the person or persons who have been bullying you.

THE BULLY

"It made me feel happy, like I had a sense of power. But I realise now it was wrong and cruel."

THE VICTIM

"I felt so alone. I thought it was never going to stop. But it did."

THE PARENT

"Thank you for all you did for my son we really appreciate the help you gave. He would not have done so well without your guidance."

THE LAW OF THE LAND

It is an arrestable offence to cause harassment, alarm or distress.

(Section 5 Public Order Act)

BULLYING TAKES ALL FORMS

"Cyber bullying is as harmful as physical bullying"



USEFUL LINKS

Email: antibullying@admin.st-maryshigh.wigan.sch.uk

Telephone: 01942 766915 anti bullying line

Text: 07786 200400 anti bullying mobile

EXTERNAL AGENCIES

Helpbullying.co.uk

beatbullying.org.uk

childline.org.uk

Connexions direct - 080 800 13219

Childline - 0800 1111

Parentline Plus - 0808 8002222



OUR MISSION

Sharing God's love, hope and dreams
Together working as a team
Making celebration essential
Always achieving our potential
Respecting our family community
Youth gathering in unity
Seeking a better future for all

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ST. MARY'S
CATHOLIC HIGH SCHOOL
An 11-18 Specialist Mathematics and Computing College

ANTI-BULLYING HELP

ZIPBY

St Mary's
An 11-18 Specialist
Mathematics and Computing
College