



Anti-Bullying Class Charter

We all know that bullying is unkind and hurtful:

- It is done on purpose – when someone deliberately hurts another person with their body or their words
- It can be done by one or more people
- It is repeated over a long time
- It is done to make someone feel sad, scared, upset, lonely and bad about themselves

Bullying can be done in different ways:

Verbal e.g. saying hurtful comments, making threats and name-calling

Physical e.g. hitting, kicking, taking belongings

Social e.g. staring, glaring, leaving people out, spreading rumours

Online / Cyber e.g. using technology such as mobile phones or the internet to hurt someone
- e.g. hurtful text messages, comments on social networks

Bullying is not:

- A one-off fight or argument
- When a friend is sometimes thoughtless

The people we could tell are:

- A family member
- Our class teacher
- A trusted adult in school
- A trusted friend
- School councillors
- Write it in the class worry-box

In our class we promise to treat each other how we would like to be treated. We promise to respect and be kind to each other despite our differences. We will not deliberately leave anybody out and will help each other to get along together.

Signed: