

# Queensgate Anti-Bullying

## Policy

### What is bullying?

Bullying is when someone repeatedly makes someone feel upset on purpose.

#### Bullying can be:

Physical



Verbal



Online



### If you are being bullied:

- Tell an adult or person that you trust
- Speak to an anti-bullying ambassador

#### Remember:

- Always be kind and treat others as you wish to be treated
- If you feel like you are being bullied then reach out!