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.