

N **TO BULLYING**

NOTICE • **T**ELL SOMEONE • **B**REAK THE CYCLE

WHAT IS BULLYING?

- **VERBAL** – saying unkind, inappropriate or threatening things; gossiping; spreading rumours.
- **PHYSICAL** – hitting, kicking, pushing, pinching.
- **EMOTIONAL** – threatening or humiliating someone, deliberately leaving someone out or manipulating them.

To be classed as bullying, the bully must have power over the victim and the behaviour must be repeated or have the potential to be repeated.

If you are concerned about bullying in any way,
you can get help by emailing:

notobullying@thehambleschool.co.uk



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

Call us on 023 8045 2105

www.thehambleschool.co.uk