

The school council would like to give you a few tips on how to manage bullying.

Here are a few types of bullying:

Pushing, shoving, teasing and cyber bullying.

This is our advice for cyber bullying:

Stay SMART (Safe, Manners, Accepting, Reliable and Tell).

At St Helen's we say bullying happens when it is
Several, Times, On, Purpose

STOP!

We have peacemakers who you can speak to on the playground or we have a worry bag if you'd prefer to write down your worries.

But most importantly, always remember to tell a responsible adult.