



THOMOND
PRIMARY SCHOOL

Understanding Bullying Behaviour

What is Bullying Behaviour?

Bullying behaviour is when someone embarrasses, hurts or scares another person again and again **on purpose**. It's not a one-time disagreement, argument, teasing or messing. It's something that happens over and over and makes someone feel sad, afraid, or left out.

Bullying Behaviour is **NOT**:

- A one-time joke that wasn't funny
- Accidentally bumping into someone
- Disagreeing or having an argument
- A friend being in a bad mood one day

Sometimes, people make mistakes and make bad choices and do or say unkind things.

Bullying behaviour is when someone **keeps choosing** to be unkind.

Types of Bullying Behaviour

1. **Words** that Hurt

- Name-calling
- Teasing in a mean way
- Spreading lies or rumours

2. **Actions** that Hurt

- Hitting, kicking, or pushing
- Taking or damaging someone's things

3. **Leaving Someone Out**

- Excluding others on purpose
- Telling others not to play with someone
- Embarrassing someone in front of others

4. **Online Nastiness**

- Sending mean messages

- Posting hurtful things about someone
- Pretending to be someone else online

Bullying behaviour can happen in real life or online. It is never OK.

What to Do if You Experience Bullying Behaviour

- Tell a trusted adult – like a teacher, SNA or parent – keep telling until you are heard
- Use your voice – if you feel safe, tell the person to STOP.
- Walk away – staying calm and leaving the situation can help.
- Stick with good friends – being around people you trust makes you feel safer.

What you can do to Help if you see someone experiencing Bullying Behaviour:

- Be kind – a smile or kind word can make a big difference.
- Speak up – if it feels safe, tell the person being unkind to stop.
- Get help – tell an adult right away.
- Include others – invite someone being left out to join your game or group.

In TPS we believe every child deserves to feel

- **Happy**
- **Safe**
- **Seen**
- **Supported**

Together, let's make sure our school is a place where kindness is cool, respect is real, and everyone belongs.

