

How to challenge bullying

Be brave:

- Walk away and ignore the bully. If they continue, say that it is making you uncomfortable and you want them to leave you alone.

Be kind:

- If somebody tells you that you've made them uncomfortable, stop. Apologise. Respect their view. Do not tell them they are wrong to feel that way.

Be you:

- Find friendship groups who celebrate who you are and don't criticise what you're not.
- Be kind to someone who you see is struggling with unkind behaviour
- Above all, if you witness bullying remember to stop, speak and report to a trusted adult.



'Be **Brave**, Be **Kind**, Be **You**'.



West Exe School
community • opportunity • success

At West Exe we...

Celebrate Diversity

- Diversity and differences are actively and visibly celebrated and welcomed across the whole school.

Value Kindness

- We are a kind and caring community that celebrates compassion, courage and citizenship.

Educate to Empower

- We challenge bullying through education and encourage all members of our school community to recognise bullying, acknowledge it is unacceptable and report it.

Listen, Reassure & Respond

- All students, parents and carers are listened to and influence strategies and approaches to prevent, report and respond to incidents of bullying to allow students to learn in a safe, supportive and caring environment.

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