

Top Tips For Keeping Your Child Safe Online

- Be aware that children under 13 years of age should not be accessing social media sites unsupervised.
- Ensure they know not to share personal information online
- Stay safe online with the latest safety tips by following @Antibullyingpro on Twitter and visiting www.antibullyingpro.com
- Advise them to change their password frequently.

Anti-bullying Week

**A fun week of awareness raising
starting 14th November
Together We Are Stronger**

**Monday: Ambassadors Assembly
Tuesday: Poster Competition
Wednesday: The Sorry Box
Thursday: Parents' Information
Friday: Smile Day**

BE ALERT—LOOK OUT FOR THE SIGNS

Does your child:

- Spend a lot of time alone in their room
- Appear quiet and nervous in larger groups of people
- Appear upset after using the computer or mobile phone
- Avoid school, making excuses or claim they are unwell
- Lack interest in social events or activities they normally enjoy
- Experience a drop in grades
- Suddenly have bruises, cuts, damaged clothes/ possessions
- Behave differently
- Appear sad, moody, aggressive or anxious

**For more information on Anti-bullying visit
our website www.stmaryspsdraperstown.com /
children/Anti-bullying Ambassadors Team
Or follow us on Twitter @StMarysBscreen**

We're the Bully Busters 

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St Mary's Primary School

"Learning, Caring and Sharing Together"



Anti-Bullying Ambassadors Parents' Information

We, the Anti-bullying Ambassadors of St Mary's are proud to be leading our school to make sure it's a no bully zone. Don't be a bystander.

Stand up to bullying.

***You should not be harmed and should be
looked after and kept safe
(Article 19 UNCRC)***

What is Bullying?

Bullying is any behavior that makes somebody feel upset, uncomfortable and unsafe. This is deliberate and repetitive and can take many forms such as verbal, indirect and physical.

Verbal:- hurting someone's feelings using offensive language.

E.g. calling names



Indirect:- laughing at someone in a group, stealing something from someone or cyber bullying.

STOP
cyberbullying

Physical:- unwanted body contact punching, kicking, spitting, pushing, biting.



What to do if you think your child may be a victim of bullying

- Praise your child for telling you.
- Listen to them.
- Help your child to talk about it.
- Help your child feel valued and important.
- Contact the school. Tell a teacher or the Principal what is going on.
- Listen to all sides of the story.

Did You Know...

99% of young people understand the three types of bullying well.

99% of young people understand the signs of bullying well.

98% of young people understand how to stop bullying in their school.

98% of young people feel confident about helping that are being bullied.

Further Support

Childline: 08001111

Bullying UK: 08088002222

Family Lives: 080880002222

Young Minds: 08088025544

St Mary's Bully Busters

"I am the leader and I want to make sure no child gets bullied"

Shay

I want this campaign to inspire other schools and communities and help stop bullying." John

"I want to change the world." Cadhla

"To stop bullying, and encourage more friendships." Kaylah

"Stop Bullying Now!" Bronagh

"Have more smiles" Anna

"To lead by our school motto Learning, Caring and Sharing" Cassie