

At Stella Maris we S.T.A.M.P. Out Bullying

S-Stay away from people who are mean and tell them to **Stop**, if they do something you don't like.

T-Tell your teacher, if you are at school, as soon as you can. If the bullying stops but then returns, tell the teacher again and again.

A-Have the courage to **Always** help someone you see being bullied. If you are scared of being bullied yourself, tell a teacher privately about what you have seen.

M-Be proactive by being friendly to all people and **Make friends** with the children who are left out of games.

P- Play nicely to make sure that you are not demonstrating bullying behaviour. This includes not spreading rumours or using 'put downs.'