

At Omagh Integrated Primary School we  
want a bully-free zone.



No bullies



Kind children



Happy children



Respectful children



Caring children



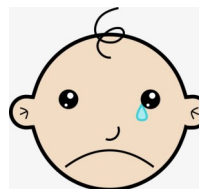
Playing together



### DON'T LET THIS HAPPEN...

Why each day,  
Do you pull my hair?  
Tug me backwards?  
Call me names?  
Don't you know I am sad?

Why each day,  
Do you say nasty things?  
Push me away?  
Take my friends?  
Don't you know my heart is breaking?  
Ruby



### PARENTS

What do you do if you think your child is being  
bullied?

- Speak FIRST to your child's class teacher
- If it continues meet/speak to the Designated Teacher, Vice Principal or the Principal.



## *Omagh Integrated Primary School and Nursery*



### Anti Bullying Leaflet for Children

**TOGETHER SAY NO TO  
BULLIES**



# What is bullying?

Bullying is when someone is hurting your feelings over and over again.

## NO...

- Hitting
- Kicking
- Punching
- Calling names
- Being unkind
- Saying mean things
- Teasing
- Cyber bullying on the internet or by phone

## DO...



- Tell an adult you trust
- Walk away
- Act as if you don't care
- Be brave
- Help others.

## Get Help...

**Remember - it is not your fault.**

## DON'T ...



- Get angry
- Hit back
- Leave others alone
- Retaliate

# WHO CAN I TELL?

Tell someone you trust:

- Mum or Dad
- Teacher
- Assistant
- Dinner Staff
- Office Staff
- Friends
- The Anti-Bullying Team



**Remember - it is not your fault.**

## THE ANTI-BULLYING TEAM

- Mr Gallagher
- Mrs Taggart
- Mrs Mc Kernan