

If you are bullied:-

You could:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.

But always:-

- **TELL SOMEONE.**

DON'T:-

- Do what they say.
- Hit them.
- Think it's your fault.
- Hide it.

What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.

If you are bullying someone, a teacher will:

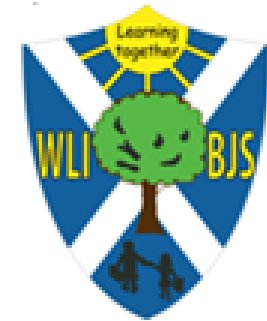
- Tell you that what you are doing is bullying, work with you to stop you doing it again and help you to say sorry.
- Tell your parents what has happened.
- Keep checking up on you to make sure you have changed your behaviour.

All the staff and Governors will work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

Useful Link

<http://www.anti-bullyingalliance.org.uk/>



Child Friendly Anti-Bullying Policy



What is Bullying?

A bully is someone who hurts someone several times, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be.....

Emotional: Hurting people's feelings, leaving you out, nasty looks

Doing something: Punching, kicking, spitting hitting, pushing, unwanted touching

Saying something: Being teased, name calling.

Cyber: saying unkind things by text or email and posting unkind things on social networking.

Rude – If someone says or does something that is unintentionally hurtful, and they only do it once, they are being RUDE.

Mean – If someone says or does something that is intentionally hurtful, and they only do it once, they are being MEAN.

Bullying – If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is BULLYING.

**Several
Times
On
Purpose**

Who can I tell?

Mum/Dad/family

Your teacher

Mrs Powell

Any grown ups that work in school

A Friend

MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!