

### **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 Hickling

Any grown ups that work in school

A Friend

**MOST IMPORTANTLY:-**

If you are being bullied:

**Start Telling Other People!**