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:-

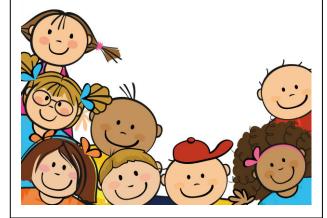
- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

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!