

## If you are bullied...

### Do....

- Ask them to STOP if you can
- Ignore them
- Walk away
- Tell an adult
- Talk to a school council member
- TELL SOMEONE

### Don't....

- Believe what they say
- Retaliate
- Think it's your fault
- Hide it

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

- Don't just walk away and ignore the bullying, find an adult
- Ask the child if they need help
- Don't stay silent or the bullying will keep happening

**The headteacher, the governors and all the staff 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.



## Child friendly Anti-Bullying Policy

September 2020



## What is bullying?

At our school, we believe a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or threaten another person.

### Bullying can be...

**Emotional:** Hurting people's feelings, leaving you out.

**Physical:** Punching, kicking, spitting, hitting, pushing.

**Verbal:** Being teased, name calling

**Cyber:** Saying unkind things by text, e-mail and social media.

## When is it bullying?

Several

Times

On

Purpose

We promise to always treat bullying seriously.

## Who can I tell?

- A friend
- Mum/Dad/Carer
- Teachers
- School buddies/school council
- Lunchtime staff
- Anyone you feel you can trust

Most importantly ....

If you are being bullied,

Start Telling Other People!