

What should I do if I'm being bullied?

Start Telling Other People

DO:

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them and walk away
- Act as though you don't care what they say or do
- Talk to a friend
- Tell someone and get help straight away
- Use your class 'Worry Box' if you are too worried to speak openly about what is happening
- Remember it is NOT your fault

DON'T:

- Get angry or fight back – try not to react
- Hit them
- Think it's your fault
- Hide it
- Do as the bully says

What should I do if I see someone being bullied?



- Tell an adult straight away. Don't stay silent or the bullying will keep happening.
- Tell the bully to STOP if it is safe to do so.
- Comfort the person who has been bullied and tell them to speak to someone. Reassure them it's not their fault.
- Don't fight or argue with the bully.

Child-Friendly Anti-Bullying Policy



We will all work together to S.T.O.P bullying

We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together
- Respect and understand each other
- To believe that everyone has the right to be who they are

What is bullying?

A bully is someone who hurts someone more than once by using words or behaviour which is meant to make them upset or frightened.

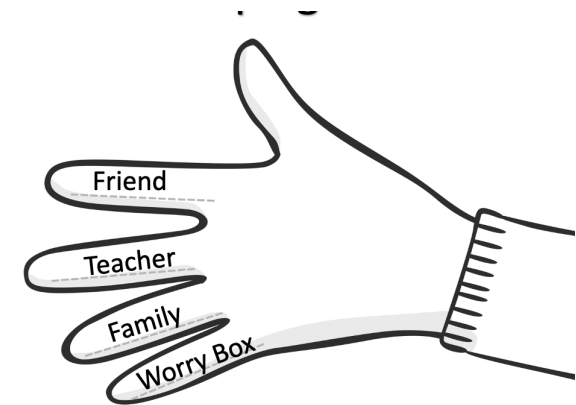
Several Times On Purpose

- Emotional: Hurting people's feelings, leaving you out, being bossed about
- Physical: Punching, hitting, kicking, spitting, pushing
- Through someone else: Sending a friend with horrid messages
- Verbal: Being teased, name-calling, rude comments
- Discriminatory: Saying nasty things because of your religious beliefs, the colour of your skin, where you come from, how good you are at things, your gender etc
- Online: Sending horrid messages through phones or computers

Bullying is not:

- A 'fall out' with a friend
- An accident
- Something that happens only the one time

Who can I tell when I need a Helping Hand?



We will always treat bullying seriously

There are lots of different things we can do to make everyone feel safe and happy. The most important thing to do is TELL SOMEONE