




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

-  Tell an adult straight away
-  Don't try to get involved; you might end up getting hurt or you could end up in trouble yourself
-  Don't stay silent or the bullying will keep happening

What happens next?

The Head, Staff and School Improvement Board 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 along – Polite and Respectful

We believe that everyone has the right to be who they are – Individual and Unique

What will happen to a bully?

Adults will get involved and help you solve the problems. They can talk to you, your friends and your parents to find solutions.

If you are being bullied:

DO

- ✓ Ask them to **STOP** if you can
- ✓ Use eye contact and tell them to go away
- ✓ Ignore them
- ✓ Walk away
- ✓ Talk to a friend
- ✓ **TELL SOMEONE**

DON'T

- ✗ Do what they say
- ✗ Get angry or upset
- ✗ Hit them
- ✗ Think it's your fault
- ✗ Hide it
- ✗ Keep secrets



STOP BULLYING
STAND UP. SPEAK OUT.

What is Bullying?

Bullying is not a one-off incident of name calling, arguing or fighting.

A bully is someone who intentionally hurts another person on purpose by using behaviours which are meant to frighten or upset.



Emotional - Hurting people's feelings, leaving them out, spreading rumours

Physical - Hitting, punching, kicking, spitting, pushing, stealing

Verbal - Teasing, name calling, threats, saying nasty things

Cyber - Using the internet, mobile phones, gaming devices

Racist - Calling you names because of the colour of your skin or because of your religious beliefs

When is it bullying?

Several
Times
On
Purpose

Bullying is conscious, deliberate and calculated. It is usually repeated over a period of time. The behaviour is repeated frequently and is not a one-off incident.

To tackle any cases of bullying, parents and schools need to work in close partnership.

We promise to always
treat bullying seriously.

Who can I tell?

Start
Telling
Other
People

A friend

Parents/Carers

Any adult at school

