

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

