

## If YOU are bullied

### DO:




- ✓ Look them in the eye and ask them to stop if you can
- ✓ Walk away and go to a friend or an adult
- ✓ TELL AN ADULT STRAIGHT AWAY

### DON'T:






- ✗ Do what they say
- ✗ Think it's your fault
- ✗ Hit them
- ✗ Call them names
- ✗ Hide it from adults or your friends



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

-  Don't be a bystander - TELL an adult
-  Support the person if it is safe to do so
-  Stay calm and don't get involved in hurting or name-calling as you might get into trouble yourself

## What will happen?

-  Miss Ball, the governors, the parents and all the adults in school will work together
-  They will make sure any bullying behaviour is understood and STOPPED
-  They will make sure that everyone's differences are accepted and all voices heard
-  They will make sure everyone feels safe and happy
-  They will check in on the situation regularly to make sure everyone is ok



# Child Friendly Anti-Bullying Policy

Written By School Council



## What is bullying?

A bully is someone who behaves in a way that is meant to upset, hurt or frighten someone else. It is bullying when it happens MORE THAN ONCE.

### Bullying is NOT...

- ✓ Accidents
- ✓ Arguments
- ✓ Fighting
- ✓ Only happens one time



### Bullying can be...

**Emotional:** hurting feelings, leaving people out, teasing

**Verbal:** swearing, teasing, name-calling, rumours

**Physical:** punching kicking, hitting, spitting, pushing, 'pranking', mimicking

**Cyber:** online messages, videos, social media

#### **Because of difference:**

appearance, race, disability, gender, sexual orientation, family, mental health

**Through a third person:** getting other people to do or say unkind things

## When is it bullying?

**S**everal  
**T**imes  
**O**n  
**P**urpose

### When does it happen?

A bully is usually someone who is:

- ⇒ Is worried or unhappy about something
- ⇒ Feels bad about themselves
- ⇒ Is jealous
- ⇒ Feels lonely
- ⇒ Needs help
- ⇒ Being / has been bullied by someone else

## Who can I tell?

- ✓ Your grown up
- ✓ Teachers
- ✓ Miss Ball
- ✓ Lunch time staff
- ✓ Acorns Staff
- ✓ Office Staff
- ✓ Ambassadors
- ✓ School Council
- ✓ Friends
- ✓ ANY trusted adult



### MOST IMPORTANTLY:

**Start Telling Other People**

Several  
Times  
On  
Purpose



Start  
Telling  
Other  
People

