

## If you are bullied:

### DO:

- ◆ Use eye contact
- ◆ Ask them to STOP and walk away
- ◆ Ignore them
- ◆ TELL SOMEONE

### DON'T:

- ◆ Think it's your fault
- ◆ Do what they say
- ◆ Keep it inside

**WE**  
**create**  
BRIGHT FUTURES

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



- ◆ Tell an adult straight away
- ◆ Don't try to get involved
  - ◆ Don't stay silent

### All staff and governors will work together:

- ◆ They will make our school a place where everyone is can feel and happy. That means no bullying is allowed.
- ◆ They will help everyone to get on with each other because we believe that we all have the right to be who we are.



## Child Friendly Anti –Bullying Policy

Developed by  
Year 6 2018



### What is bullying ?

Bullying is when children keep on being hurtful to someone over and over again and can be...

#### Emotional:

Hurting and being inconsiderate to other people's feelings, leaving people out.

#### Physical:

Pushing, punching, kicking, spitting, hitting, biting.

#### Verbal:

Teasing and name calling, swearing, spreading hurtful rumours.

#### Racist:

Being called racist names because of the colour of your skin, culture or religion.

**Cyber:** Saying unkind things by text, e-mail or media websites, receiving of and sending of inappropriate material.

**Sexual:** Rude comments, touching you in inappropriate places or in a way that's makes you feel uncomfortable.

### When is it bullying?

**S**everal **T**alk  
**T**imes **E**ducate  
**O**n **&** **L**isten  
**P**urpose **L**earn



Always remember to tell someone. We take bullying seriously.

**STAND UP AGAINST BULLYING**

If a friend shows a frown, help turn it upside down.



Being bullied is not fun

Seek help by telling someone!

- ◆ A friend
- ◆ Parents/carers
- ◆ Teachers/staff
- ◆ Another trusted adult
- ◆ Ring the free phone number below to speak to someone from the NSPCC

