

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?

Several **T**alk
Times **E**ducate
On **&** **L**isten
Purpose **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

