

If you are bullied

DO:

- TELL SOMEONE.
- If you feel brave, ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Walk away.
- Talk to a friend.

DON'T:

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.



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

- Tell an adult straight away.
- Don't try and 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.

The Head, the Governors and the staff 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 on with each other and we believe that everyone has the right to be who they are.

What will happen to a bully?

Teachers will get involved. They will talk to your parents and talk to your friends so we all work together to find a solution to the problem.



Wheatfield Primary School

Anti-Bullying – Guidance for Children



'High Achievement through Growing and Learning Together'

What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



Bullying can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Cyber: saying unkind things by text, email and online.

Racist: calling you names because of the colour of your skin.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.



Who can I tell?

- Teachers
- A Friend
- Parents/Carers
- School Buddies
- Lunch time Staff
- Any Other Adult



MOST IMPORTANTLY:

If you are being bullied:

Tell!

