

If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your family, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

If you are bullied:



DO:

- Ask them to STOP if you can
- Walk away

If it happens again, or you are too scared to speak openly about it:

- **TELL SOMEONE**
- Talk to a friend

DON'T:

- Think it's your fault.
- Do what they say.
- Get angry
- Keep it inside.
- Hit them.

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

- Don't walk away and ignore the bullying
- 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

- **TELL SOMEONE**



Together we:

- Will keep our school, a place where everyone feels safe and happy. That means no bullying allowed.
- Will help everyone to get on with each other and we believe that everyone has the right to feel safe and be who they are.

Huncoat Primary School



Achieving Together

Child Friendly Anti-Bullying Policy



What is Bullying?

In our school a bully is someone who is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or a group of people.

When is it bullying?

A useful way to remember bullying is:

Several

Times

On

Purpose



Always remember to tell someone.

We promise to always treat bullying seriously.



Bullying can be.....

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

Physical: Punching, kicking, spitting hitting, pushing, pulling hair, tripping up, theft

Verbal: Being teased, name calling, using rude language or saying nasty things.

Racist: Calling you names because of the colour of your skin or religion.

Cyber: saying unkind things by text, Facebook, e-mail and messenger.

Homophobic: Calling someone 'Gay' or 'Lesbian' as a way of hurting them.



If a friend shows a frown,
help turn it upside down.
Being bullied is not fun,
seek help by telling someone!

Who can I tell?

A Friend

Parents/Carers

Teachers/Staff

Lunch time staff

Any Other Trusted Adult



Tell the Bully to Stop!

MOST IMPORTANTLY: If you feel you are being bullied:

Start Telling Other People!