

If you are being bullied...

DO.....

- ◆ Ask them to STOP if you can.
- ◆ Ignore them.
- ◆ Walk away.
- ◆ Tell an adult straight away
- ◆ Find a Little Leader and join in new games.

DON'T.....

- ◆ Get angry or nasty back.
- ◆ Hit them.
- ◆ Hide it.
- ◆ Think it's your fault.

What will happen to a bully?

Teachers will get involved and try to help them solve their problems. They can give out warnings and other sanctions, talk to their parents and talk to their friends.

3 STEPS TO STOP A BULLY!

STOP



WALK



TALK



1. **STOP**= tell the bully to stop. (if that doesn't work...)
2. **WALK**= quietly walk away. (if that doesn't work...)
3. **TALK**=tell an adult you can trust.

Several
Times
On
Purpose

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 several times.

Bullying is **NOT**...

- Accidents.
- Fallouts with friends.
- Only happens one time.
- Fighting.



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.

Through a 3rd Person: Sending a friend with a horrid message.



Our Mascots Annabelle and Bella



They visit our classrooms
to monitor our friendly
behaviours.



Our Anti-Bullying Crew
work hard to make sure
our school is a friendly,
happy and safe place.



Hill view Infant Academy

HILL VIEW INFANT SCHOOL



Anti-Bullying Policy

2017