



Our Anti-Bullying Policy

What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be.....

- **Emotional:** Hurting people's feelings, leaving you out.
- **Physical:** Punching, kicking, spitting, hitting, pushing.
- **Verbal:** Being teased, name-calling.
- **Written:** Letters, notes, graffiti.
- **Cyber:** saying unkind things by text, e-mail and on the internet.

When is bullying?

Several

Times

On

Purpose



Who can I tell?

- A friend
- School Council
- Mum or Dad
- Teachers / Headteacher
- Teaching Assistants
- Lunchtime Staff
- Any other trusted adult

We promise to always treat bullying seriously.

MOST IMPORTANTLY: If you are being bullied: **Start Telling Other People!**

If you are bullied:

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find different friends to play with.
- Find an adult to tell or talk to a friend who can help you tell.

DON'T:

- Do what they say.
- Get angry.
- Show you are upset.
- Hit them.
- Think it's your fault.

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent - tell someone or the bullying will keep happening.

The Headteacher, 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 - we believe that everyone has the right to be who they are.



TELL SOMEONE.