

## If you are being bullied:

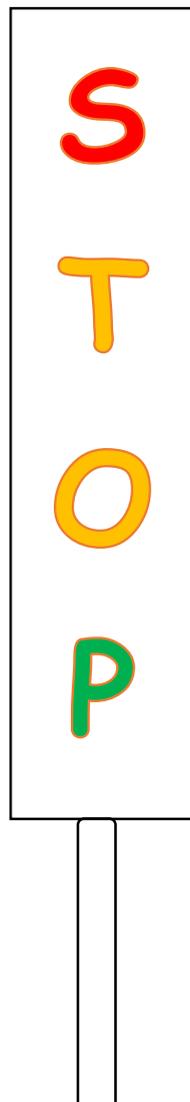
DO .....

- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Act as though you don't care what they say or do
- Remember it is NOT your fault



DON'T.....

- Do what they say
- Look upset or cry
- Get angry
- Hit them



## 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 **S.T.O.P.** if it is safe to do so
- Don't stay silent or the bullying will keep happening.

## Our school aims:

- We will work together to **S.T.O.P.** bullying
- We want our school to make everyone feel safe and happy.  
Bullying can make people feel frightened and unhappy
- To deal with bullying in school, we will help everyone
  - To get on well together
  - Respect and understand each other
  - To believe that everyone has the right to be who they are



# St George's Primary School 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, being bossed about

Physical: Punching, kicking, spitting, hitting, pushing

Homophobic: Calling you gay or lesbian

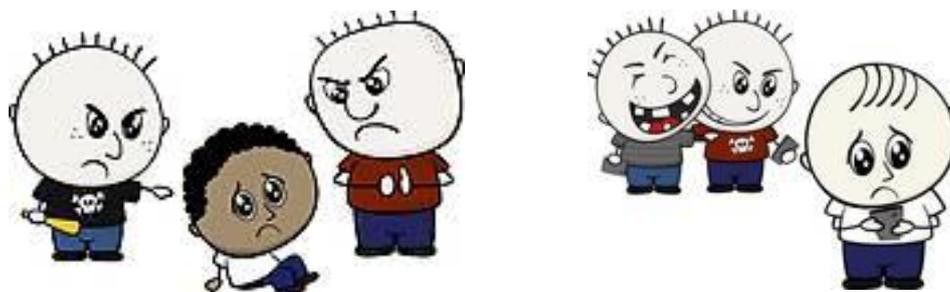
Through a 3<sup>rd</sup> person: Sending a friend with horrible messages.

Cyber: Texts or emails

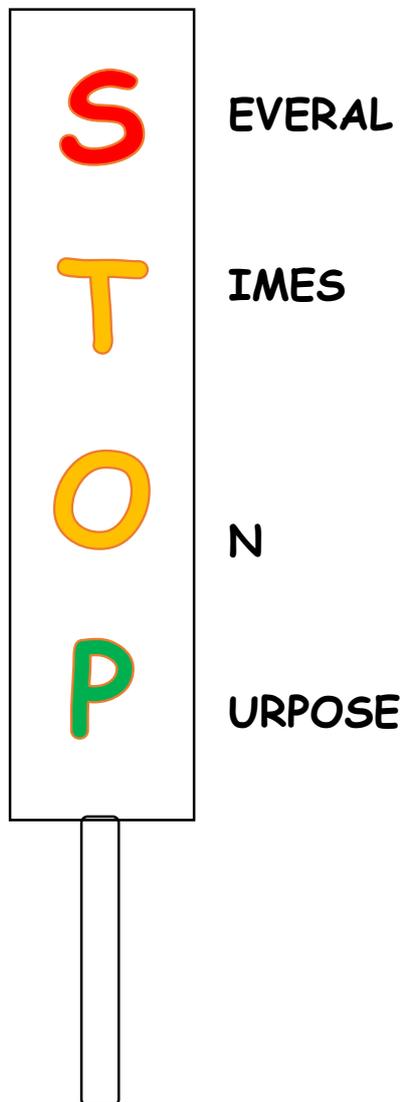
Racist: Calling you names because of your culture, history, language or origin

Verbal: Being teased, name calling, hand signs

Sexual: Rude comments, touching you inappropriately



When is it bullying?



What school will do to help

We will treat bullying seriously

We will try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school

## Who can I tell?

- Friend
- Any other adult
- Mum or Dad
- Lunchtime Supervisor
- Teacher



## What should I do if I am bullied?

