

If you are –

**DO:-**

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the classroom worry box if you are too scared to speak openly about it.
- Talk to a friend.
- TELL SOMEONE.



**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. Your teacher will make a record of what has happened and will monitor the situation carefully.
- ✓ 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 and help you solve problems.
- ✓ They can talk to the bully and to the bully's parents.
- ✓ They will find out what is happening and they will act on what is happening

**Shaldon Primary School**



**Child Friendly Anti-bullying Policy**

## 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?

**S**everal

**T**imes

**O**n

**P**urpose



We promise to always treat bullying seriously.

## Who can I tell?

A Friend

Parents/Carers

Teachers

School Buddies

Lunch time Staff

Any Other Adult



**MOST IMPORTANTLY:-**

If you are being bullied:

**Start Telling Other People!**