

If you are being bullied...

DO

- Ask them to STOP
- Ignore them
- Walk away
- Find an adult who can help
- Talk to a friend
- Put your worry in the box if you feel like you can't tell anyone



DON'T

- Listen to a bully
- Argue back
- Get angry
- Fight back
- Think it's your fault
- Be scared—speak out
- Change who you are



What if I see someone else being bullied?

- Tell an adult straight away
- Don't get involved—you could get hurt or get in trouble
- yourself
- Don't stay silent, be brave and tell someone



What will adults do to help me?

Mrs Jordan, the staff and governors will work together to:

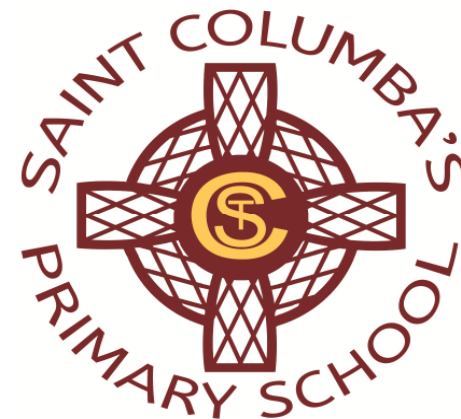
- Make sure our school is a place where everyone feels happy and safe
- Help everyone to get along with each other
- Ensure everyone knows that they have the right to be who they are

What will happen to the bully?

Teachers will get involved and help to solve the problem. They will talk to parents, friends and try to fix the problem.



Pupil Anti-Bullying Pol-



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What is bullying?

A bully targets someone and makes them feel frightened, hurt or sad on purpose.



Bullying is something that happens often. It can be something that you can see (bruises) or something you can't (feelings).

Bullying can be...

Emotional—hurting feelings, leaving someone out on purpose

Physical—punching, kicking, spitting, hitting or pushing

Verbal—using words or speech, being teased or name calling

Cyber—saying unkind things by text message, email or online

Discrimination—being mean to someone because of the way they look, the way they act or their beliefs. Making someone feel like they are different

When is it bullying?



Several

Times

On

Purpose

Who can I tell?

A friend

Parents/Family

Teachers

Teaching Assistants

School Council

Buddies

Lunchtime Staff

School Chaplain

Anyone!

Start Telling Other People

