

## 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 Garbutt, the staff and governors will work together

to:

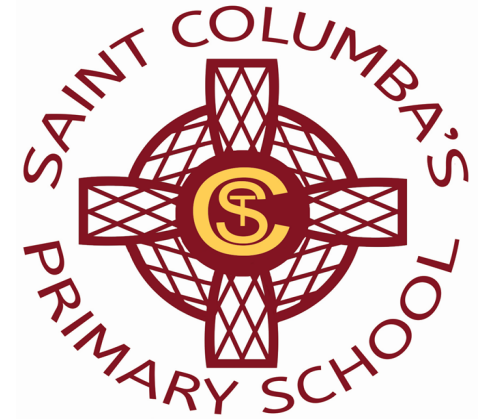
- Make sure our school is a place where everyone feels happy and safe
- Help everyone to get along with each other
- Ensure everyone knows that they have the right to be who they are

### 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 Policy



Updated by  
Mini Police Representatives



## 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?



**S**everal

**T**imes

**O**n

**P**urpose

## Who can I tell?

**A friend**

**Family**

**Teachers**

**Teaching Assistants**

**School Council**

**Buddies**

**Lunchtime Staff**

**After school club**

**Anyone!**

**Start Telling Other People**

