

What is bullying?

A bully is someone who hurts someone more than once by using words or behaviour which is meant to make them upset or frightened.

Several Times On Purpose

- Emotional: Hurting people's feelings, leaving you out, being bossed about
- Physical: Punching, hitting, kicking, spitting, pushing
- Through someone else: Sending a friend with horrid messages
- Verbal: Being teased, name calling, rude comments
- Discriminatory: Saying nasty things because of your religious beliefs, the colour of your skin, where you come from, how good you are at things, your gender etc
- Online: Sending horrible messages through phones or computers

What will happen to the children who have bullied others?

- They must think about how they have made the other person feel
- They must be part of a restorative conversation with the person they have hurt
- They may undertake a restorative action to show they are sorry
- There may be consequences such as missing break times
- Their parents will be told

What should I do if I am being bullied?

Start Telling Other People

Do:

- Ask the to STOP if you can
- Use eye contact and tell them to go away
- Ignore them and walk away
- Act as though you don't care what they say or do
- Talk to a friend
- Tell someone and get help straight away
- Use your class 'Worry Box' if you are too worried to speak about what is happening
- Remember - It is NOT your fault

Don't:

- Get angry or fight back - try not to react
- Hit them or say unkind things
- Think it is your fault
- Hide it
- Do as the bully says

Our Golden Rules

- Be safe
- Be respectful
- Be ready

What Should I do if I see someone being bullied?

- Tell an adult straight away
- Tell the bully to stop if it is safe to do so
- Comfort the person who has been bullied and tell them to speak to someone
- Reassure them it is not their fault
- Don't fight or argue with the bully



Who can I tell when I need a helping hand?



Adults in school will:

- Teachers and adults will take you seriously
- They will talk to everyone involved
- Help you feel safe at school