What is bullying?

A bully is someone who uses behaviour which is meant to deliberately hurt, frighten or upset another person. This behaviour happens <u>frequently</u>.

Types of bullying:-

Verbal- Say unkind and mean things, being teased or calling names.

Physical- punching, hitting, pushing.

Cyber- say unkind or mean things by text, email or online.

Racial- saying unkind things about skin colour.

Emotional- hurting peoples' feelings and leaving you out.

When is it bullying?

Several

Times

On

Purpose

We promise to treat bullying seriously.

Who can I tell?

Parents/Carers

Teacher

Meal Time Assistant

Brother or sister

Teaching assistant

Friend/buddy

Any other adult

MOST IMPORTANTLY

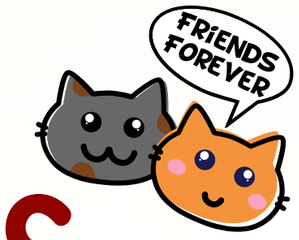
Start **T**elling **O**ther **P**eople

You should tell people that you are being bullied so that they can help you. If you don't tell it may keep happening and could get worse if no one knows

If you are bullied

DO:

- Ask them to STOP if you can
- Use eye contact and ask them to go away.
- Ignore them.
- Walk away.
- Talk to a friend.
- TELL SOMEONE.



friends

DON'T:

- Retaliate- hit them or do it back.
- Get angry or look upset.
- Hide it from others.
- Believe it or think it's your fault.
- Do what they say.

What should I do if I see someone else being bullied?

- Go tell an adult.
- Try to help them.
- Don't try to get involved. You could end up getting hurt or in trouble yourself.
- Don't stay silent or the bullying will keep happening.
- TELL SOMEONE

As a school...

We will all work together to create a safe and caring environment, that means no bullying allowed.

We believe everyone has the right to be who they are and we will help everyone to get on with each other.

What will happen to the bully?

Teachers will get involved and help sort out the problem. They may talk to your parents and talk to your friends too. We will help the bully with their unhappiness and help them understand why bullying is not acceptable.

Aiming Higher Achieving More

US

Together

Anti-bullying policy for children

United Schools Federation