



## What is bullying?

In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

## Bullying can be...

**Emotional:** Hurting people's feelings, leaving you out, making you feel bad.

**Physical:** Punching, kicking, spitting, pushing, theft.

**Verbal:** Being teased, name calling, being rude.

**Racist:** Calling you racist names, graffiti.

**Cyber:** Saying unkind things by text, email, social media.

## When is it bullying?

**S**everal  
**T**imes  
**O**n  
**P**urpose



Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person. **Think before you speak!**

## Who can I tell?

- ✓ A friend
- ✓ A family member
- ✓ School Member of Parliament
- ✓ Any teacher at school or any adult in school
- ✓ Someone you trust
- ✓ Anybody near you

## MOST IMPORTANTLY

If you feel you are being bullied:

# Start Telling Other People

If you are bullied:

## Do

- ✓ Ask them to stop if you can.
- ✓ Use eye contact and say stop
- ✓ Ignore them.
- ✓ Walk away.
- ✓ **TELL SOMEONE!**

## DON'T

- ✗ Do what they say.
- ✗ Get angry.
- ✗ Hit them.
- ✗ Think that it is your fault.
- ✗ Do not retaliate.
- ✗ Hide it.



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

- 🌀 Don't walk away and ignore the bullying.
- 🌀 Tell the bully to stop if it is safe to do so.
- 🌀 Don't stay silent or the bullying will keep happening.
- 🌀 Don't lose your temper.
- 🌀 **TELL SOMEONE.**

**The Head Teacher, Governors, Staff and Pupil Parliament will work together to:**

- ✓ Make our school a place where everyone can feel happy. That means no bullying allowed.
- ✓ We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.