

WHAT TO DO?

If you are being bullied –

Do:



1. Tell them to stop
2. Ignore them and walk away
3. Tell an adult in school
4. Tell your parents

Don't

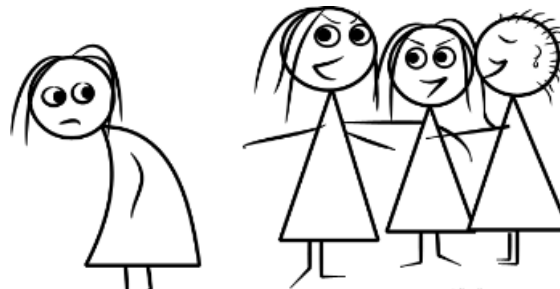


1. Take your own action
2. Don't get angry or upset
3. Don't ask someone to hurt them back

When is the action bullying?



We promise to always
treat bullying seriously.



We are a
“TELLING” School



What is Bullying?

It is an action that is repeated that is meant to hurt or harm someone.

Emotional: Hurting someone's feelings, leaving someone out.

Physical: Punching, kicking, spitting hitting, pushing.




Verbal: Being teased, name calling.

Cyber: Sending unkind messages by text, email or online.

Racist: calling names because of the skin colour, or culture .



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




-  Don't walk away and ignore the bullying. Let the bully know what he/she is doing wrong.
-  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. Talk to an adult, parents or talk to your friends.

Who Can I Tell?

1. Teachers
2. Parents
3. Carers
4. Friends/family
5. Police



The Head Teacher, Governors, the staff, school council and the children will work together to:-

-  Make our school a place where everyone feels safe and happy.
-  That means no bullying is allowed.
-  **What will happen to a bully?** Teachers will get involved and help you solve the problem.