



## What is Bullying?

A bully is someone who deliberately hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently and does not just happen once.

## Types of bullying

- Emotional - hurting people's feelings, leaving them out
- Physical - punching, kicking, spitting, hitting, pushing
- Verbal - being teased, name calling
- Racist - calling people names and being unkind because of the colour of their skin.
- Cyber - saying unkind things by text, email and social networking

## When is it bullying?

Bullying is when the incident has happened several times and is on purpose.

Several  
Times  
On  
Purpose



## Who can I tell?

- A Friend
- Parents/Carers
- Teachers
- School Buddies
- Lunch time Staff
- Any Other Adult

**MOST IMPORTANTLY:-**If you are being bullied: **S**tart **T**elling **O**ther **P**eople!

## If you are bullied

**DO:-**

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.

- Walk away.
- Use the classroom worry box if you are too scared to talk to them openly about it.
- TELL SOMEONE.

#### DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.



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

- Tell an adult straight away.
- Don't try and get involved -you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening

#### The Head, the Governors and the staff will work together

##### to:-

- Make our school a place where everyone can feel safe and 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 be who they are.

#### What will happen to a bully?

Teachers will get involved and help you solve problems. They will give out the punishments set out in our behaviour policy. They will also talk to your parents and talk to your friends.