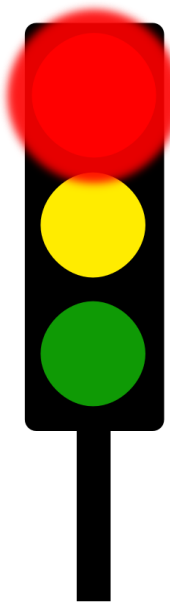


## If you are being bullied...



### DO

- Use eye contact and tell them to go away.

- Ignore them.

Walk away.

- Act as though you don't care what they say or do.

- Remember it is NOT your fault and you are NOT alone.

- Speak to someone you trust.

- Use your class worry box.

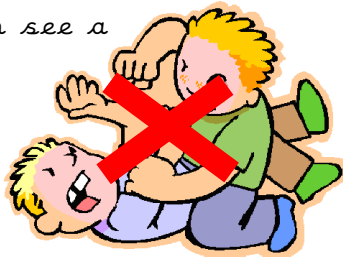
### DON'T

- Get upset or cry

- Get angry

- Hit them

- Let them see a reaction



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



\* Don't walk away and ignore the bullying.

\* Let the bully know what is happening.

\* Tell the bully to S.T.O.P. if it is safe to do so.

\* Don't stay silent or the bullying will keep happening.

\* Make sure you tell someone you trust who can help.



Written in partnership  
with the School Council

September 2019.



## Child Friendly Anti-bullying Policy

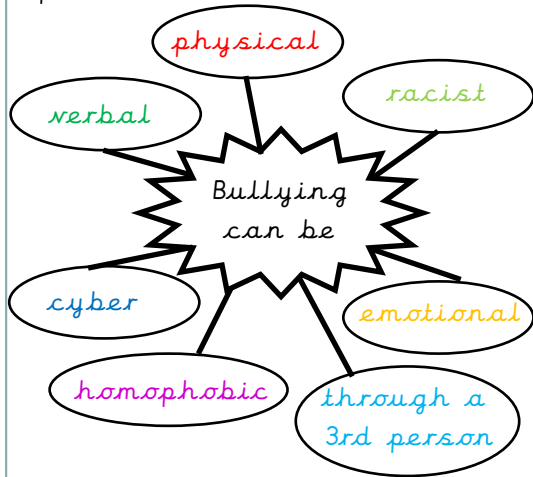


"Love each other as  
I have loved you."

John 15:12

## What is a bully?

We believe a bully is someone who hurts someone not once, but repeatedly, by using targeted behaviour which is meant to hurt, frighten or upset.



**Emotional:** Hurting people's feelings, leaving you out, being bossed about.

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

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

**Cyber:** texts, e-mail, chat rooms, social media

**Racist:** Calling you racist names, offensive comments about where you come from.

**Through a 3rd person:** Sending a friend with horrid messages.

**Homophobic:** Calling you gay, commenting on your sexuality.

## Where can I go?

If you need a friend to play with or someone to talk to, we have a friendship stop and our friendship bench where you will find one of our Playground Buddies who will help.



Mrs Bolton is always available if you wish to practise MyHappyMinds techniques or to speak to her about your worries.

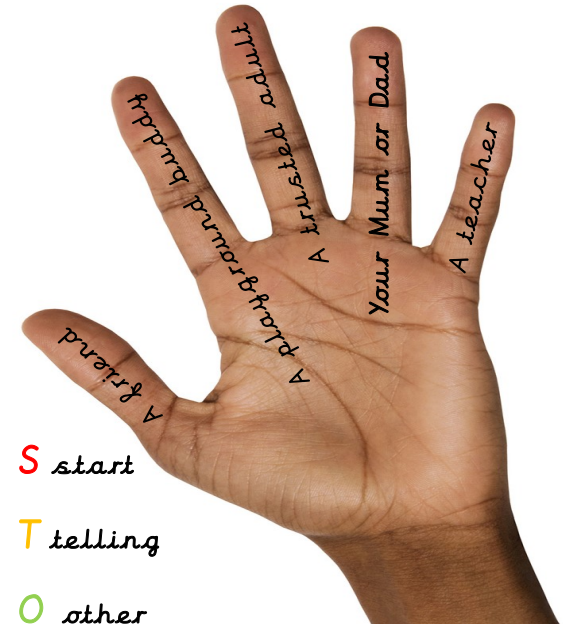


WE'RE ALL BEAUTIFULLY  
**DIFFERENT.**  
CHERISH WHAT MAKES YOU A YOU.

Together, our Headteacher, staff and Governors aim to:

- \* Make our school a happy place where everyone can feel safe and happy. That means no bullying will be tolerated.
- \* Help everyone to get on with each other, respecting and valuing our differences. Everybody has the right to be who they are - because we were all made in God's image.

## Who can I tell?



**S** start

**T** telling

**O** other

**P** people

We can only change the situation if we know about it.

## What we happen?

We will always take it seriously.

Teachers will get involved to help to end the problem. They will speak with all the children involved and work to find a way to change the behaviour.

Parents could be contacted and there will be consequences for their actions but we will focus on restorative counselling and building positive friendships.