

## What should I do if I am being bullied?

### Do:

- ♦ ignore them
- ♦ walk away
- ♦ tell someone/a trusted adult.

### Don't:

- ♦ retaliate
- ♦ think it's your fault
- ♦ hide it
- ♦ get angry or show you are upset
- ♦ do what they say.

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

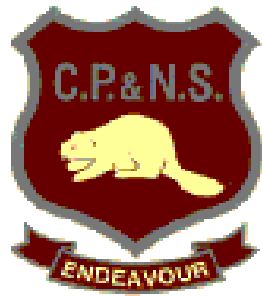
- ♦ Don't walk away and ignore the bullying.
- ♦ Don't stay silent or the bullying will keep happening.
- ♦ Tell a trusted adult.
- ♦ Help and offer support.
- ♦ Don't join in; be a buddy not a bully.
- ♦ Convince the person who is being bullied to tell a trusted adult.

The headteacher, school governors, staff, children and the wider community will work together to:

- ♦ make our school a place where everyone can feel secure, be valued, can learn and feel happy. That means no bullying is allowed
- ♦ help everyone to get on with each other

- ♦ make sure that everyone has the right to feel safe and to be who they are.

# Child Friendly Anti-bullying Policy



## What is bullying?

Bullying is when someone is being hurt by words or actions on purpose, more than once, feels bad, frightened or upset and has a hard time stopping what is happening to them.

## Types of bullying

**Emotional:** hurting people's feelings, leaving someone out, making someone feel bad about themselves.

**Physical:** punching, kicking, hitting, shoving, tripping up, hair pulling, taking someone's belongings.

**Verbal:** name calling, being teased, being rude, using homophobic, biphobic or transphobic language.

**Racist:** calling someone names, teasing or making them feel bad because of skin colour, culture or religious reasons. This can be in the form of vandalism or graffiti.

**Cyber:** takes place online or through smartphones, tablets, games consoles—saying or posting unkind things by text, social media, e-mail, games.

**Sexist:** bullying because of someone's gender, making someone feel bad or not equal because of who they are.

**Homophobic and biphobic:** verbal, physical or emotional bullying of someone who may be gay,

lesbian or bisexual. This can be in the form of vandalism or graffiti.

**Transphobic:** verbal, physical or emotional bullying of someone who maybe trans—someone who feels the gender they are given as a baby doesn't match the gender they feel themselves to be. This can be in the form of vandalism or graffiti.

## When is it bullying?

Several

Times

On

Purpose



Remember — some things that you say to someone may have been said to be funny, but it may be hurtful to that person.

Think before you speak!

## Who can I tell?

- ♦ A friend
- ♦ A trusted adult:
  - A family member
  - Headteacher
  - Teachers
  - Teaching assistants
  - Midday assistants
  - Any other adults
- ♦ Trusted strangers—Police Officers, PCSOs
- ♦ NSPCC and Childline —0800 1111

Most importantly:

If you feel that you are being bullied—

Start Telling Other People!