

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.
- TELL SOMEONE.



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.
- Don't retaliate.

What should I do if I see someone else is 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, Head of School, the Governors, the staff, the Young Governors and the children 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 feel safe and be who they are.

Newchurch Primary School



Child Friendly Anti-Bullying Policy



What is Bullying?

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



Bullying can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing, pulling hair, tripping up, theft

Verbal: Being teased, name calling, being rude

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, Facebook, e-mail and messenger.

When is it bullying?

Several

Times

On

Purpose



Remember some things you say to someone may be said to be funny but it maybe hurtful to that person.

Think before you speak!

Who can I tell?

A friend

A family member

Head Boy and Girl

Anti-Bullying Ambassadors

Young Governors

House Captains

Head Teacher

Head of School

Teachers

Class helpers

Teaching Assistant

Lunch time staff

Any other adult

Someone that you trust

Someone who has experienced it before

Anybody near you.

Tell the Bully to Stop!

MOST IMPORTANTLY:-

If you feel you are being bullied:

Start **T**elling **O**ther **P**eople!