

If you are bullied:

DO:

- ◆ Use eye contact
- ◆ Ask them to STOP and walk away
- ◆ Ignore them
- ◆ TELL SOMEONE

DON'T:

- ◆ Think it's your fault
- ◆ Do what they say
- ◆ Keep it inside

WE
create
BRIGHT FUTURES

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



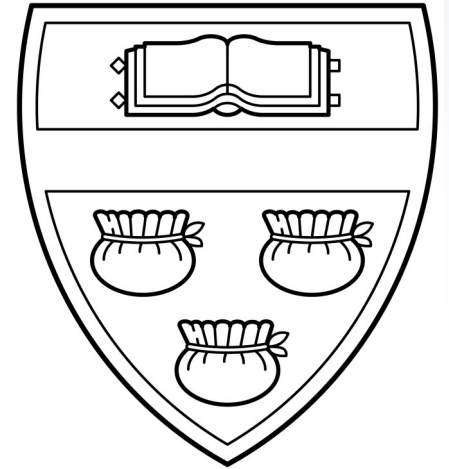
- ◆ Tell an adult straight away
- ◆ Don't try to get involved
- ◆ Don't stay silent

All staff and governors will work together:

- ◆ They will make our school a place where everyone can feel happy. That means no bullying is allowed.
- ◆ They will help everyone to get on with each other because we believe that we all have the right to be who we are.

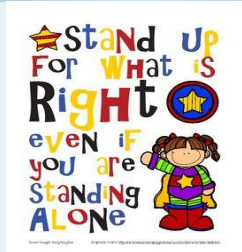


**St. Nicholas C of E
Primary School**



**Child Friendly
Anti –Bullying
Policy**

**Developed by the
School Council**



What is bullying ?

Bullying is when children keep on being hurtful to someone over and over again and can be...

Emotional:

Hurting and being inconsiderate to other people's feelings, leaving people out.

Physical:

Pushing, punching, kicking, spitting, hitting, biting.

Verbal:

Teasing and name calling, swearing, spreading hurtful rumours.

Racist:

Being called racist names because of the colour of your skin, culture or religion.

Cyber:

Saying unkind things by text, e-mail or media websites, receiving of and sending of inappropriate material.

Personal: Rude comments, touching you in inappropriate places or in a way that's makes you feel uncomfortable.

When is it bullying?

Several **T**alk
Times **E**ducate
On **&** **L**isten
Purpose **L**earn



Always remember to tell someone. We take bullying seriously.

**STAND UP AGAINST
BULLYING**



Being bullied is not fun

Seek help by telling someone!

- ◆ A friend
- ◆ Parents/carers
- ◆ Teachers/staff
- ◆ Another trusted adult
- ◆ Ring the free phone

