

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 your class talk box if you are too scared to speak 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?

- Don't walk away and ignore the bullying
- Tell an adult, friend or Playtime Pal what you have seen
- Don't stay silent or the bullying will keep happening

All the staff and governors 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.

St Mary's CE First School



Child Friendly Anti-Bullying Policy

What is Bullying?

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



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

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Graffiti, calling you racist names.

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

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend

Mum/Dad

Teachers

Playtime Pals

Lunch time Staff

Any Other Adult

MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!

