

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Try 'fogging' (ask your teacher how)
- Walk away.
- Use the Talk Box if you are too scared to speak openly about it.
- Talk to a Peer Mediator.
- 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
- Let the bully know what is happening
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening - so tell someone

The Head, the *Governors* and the staff 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.

Upton St Leonards C of E Primary School

Anti-Bullying Guide



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.



Bullying Can be.....

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, msn messenger or on networking sites

When is it bullying?

Several

Times

On

Purpose



We promise always to treat bullying seriously.

Who can I tell?

A friend

Mum/Dad

Teachers

Teaching Assistants

Peer Mediators

Lunch time staff

Any other adult you trust

MOST IMPORTANTLY:-

If you are being bullied:

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

Tell as many people as you can

