



This school is a place where everyone has the right to be themselves.

It's a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people. A useful way to remember bullying is



SEVERAL TIMES ON PURPOSE



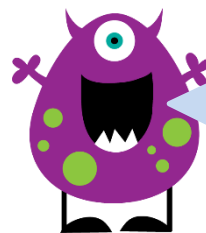
Bullying can be:

- ✿ Hitting or saying you are going to hit someone
- ✿ Touching someone when they don't want you to
- ✿ Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- ✿ Stealing or damaging someone else's belongings
- ✿ Ignoring someone on purpose or leaving them out
- ✿ Sending hurtful or unkind texts, emails, pictures or online messages to someone or about someone



Bullying can be about:

- ✿ What someone looks like
- ✿ Where someone lives
- ✿ The colour of someone's skin
- ✿ Who they believe in
- ✿ Gender
- ✿ What someone's family is like
- ✿ Special educational needs or disability

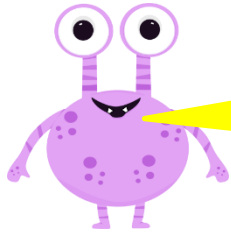


If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it be your family or friends, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

Why does bullying happen?

Although bullying doesn't happen very much at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. If you are being bullied remember that it is never your fault.

Where does bullying happen?



Bullying can happen
at school, after school
and online

What should I do if I think someone is being bullied?

Talk to the person and ask if they're okay and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

What should I do if I'm being bullied?

If you are being bullied it is important to tell someone you trust as soon as possible. Tell an adult or friend, either at school or at home.

If you have already told an adult about bullying you can still tell them again. You can:

1. Ask them to stop and then move away from the situation.
2. Tell a teacher - your class teacher or any other teacher who will take quick action
3. Tell a buddy who will be able to help you
4. Tell any other adult staff in school - such as the Headteacher, a teaching assistant, a lunchtime supervisor or someone in the office
5. Tell an adult at home
6. You can write a note about the bullying in the worry box
7. You can also call ChildLine at any time for free on 0800 1111. Your call is confidential and they will not tell anyone about what you have said.

If you tell a teacher or adult at school they will be able to help you. They may tell another teacher like your class teacher, or a parent or carer so that they can help you.

Telling an adult is always the right thing to do. They will talk to you and the bully to find ways to stop the bullying.

**TREAT
OTHERS**
The way
you
Want to be
TREATED