

If you are bullied:-

DO:-

- **TELL SOMEONE!**
- Talk to a member of the ABC or an adult
- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them and make sure you tell.
- Walk away.
- Use the Bully Box if you are too scared to speak openly about it.



DON'T:-

- Think it is your fault.
- Hide it.
- Do what they say.
- Get angry or look upset.
- Hit them.

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 is not acceptable
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

At Sacred Heart Primary School we all 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.

Sacred Heart Primary School



Jesus at the Heart
of all that we do

Anti-Bullying Policy for Children

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.

Cyber: saying unkind things by text, email or social media.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

Mum/Dad

Teachers

ABC member

Lunch time Staff

A friend

Any Other Adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!