

# STOP BULLYING NOW!

## How does our school respond to bullying?

- We will ask questions to find out what has happened.
- Parents will be informed.
- People often bully because they have their own problems. Teachers will educate the bully and support the child being bullied to stop the bullying from happening again.

Everyone at our school will work together to:

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get along with each other because we believe that everyone has the right to who they are.
- Always treat bullying seriously to prevent it happening again.

Bramham Shadwell Federation

## Child-Friendly Anti-Bullying Policy



You can listen to this policy here:



BRAMHAM

## What is bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

**Bullying can be...**

**Emotional/Mental:** Hurting people's feelings

**Physical:** Hitting, kicking, and pushing.

**Verbal:** Being teased, name calling.

**Cyber:** Saying unkind things by social media and online messaging.

**Bullying is not:**

- Falling out with friends
- One off incidents
- Making new friends



## If you are being bullied:

**DO:**

- Politely ask them to stop.
- Ignore them.
- Walk away.
- Tell a trusted adult as they can help.

**Start  
Telling  
Other  
People**

**DON'T:**

- Do what they say.
- Retaliate, verbally or physically.
- Blame yourself.
- Hide it.

What should I do if I am a bystander and see someone else being bullied?

- Don't ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Tell an adult, who you trust.

