

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Walk away calmly to a crowded area.
- Tell SOMEONE.

DON'T:-

- Do what they say.
- Don't keep it to yourself.
- Get angry and hit them.
- Think it's your fault.

If you see bullying happening in our school you

- Don't be a bystander.
- Tell someone.
- Speak to a friend, Playground Buddy or Peer Mediator.
- Speak to an adult.

Our Rights and Responsibilities...

Responsibilities



- To listen
- To be honest
- To look after each other
- To try our best
- To be polite
- To treat others with respect

Rights

- We have the right to be safe
- We have the right to an education
- We have the right to be happy
- We have the right to be heard and to make the right choices.



BE A BUDDY...NOT A BULLY!



This policy has been developed by pupils in Years 5 and 6.

English Martyrs Catholic Primary School

Through Christ we believe, inspire, achieve.



Diversity

- Different
- Individuals
- Valuing
- Each other
- Regardless of
- Skin
- Intellect
- Talents and
- Year group

Child Friendly Anti-Bullying Policy

What is Bullying?

In our school bullying is repeated behaviour which makes other people feel uncomfortable or threatened whether it is intended or not.

Bullying can be...

PHYSICAL: Hitting, kicking, taking or hiding belongings including money.

VERBAL: Name calling, teasing, insulting, writing unkind notes.

EMOTIONAL/INDIRECT: Being unfriendly, excluding, tormenting, spreading rumours, looks.

ELECTRONIC/ONLINE: Using phones, computers, video, or any other forms of technology.



Bullying is not...

Fallouts with friends.

Accidents.

Something that happens once.

Fighting. (this is not acceptable in school)

Not liking someone.



If you think something is wrong. Express your feelings.

Tell someone.

Don't be afraid, your concern will be taken seriously.

Who can I tell?

Family

Teachers

Friends

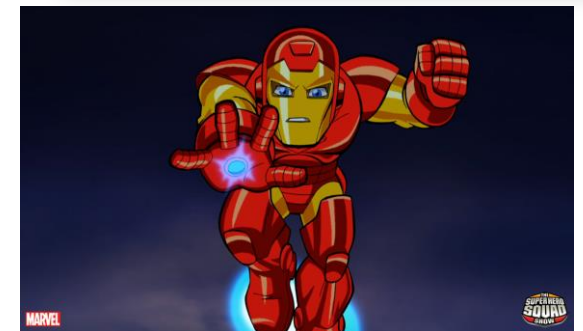
Welfare staff

Any other adult

And remember:

There is always somebody there for you.

STAY STRONG, Stand up, speak up, you have the power.



Stay strong, bullying is wrong.

Don't delay, get help today.