

**What is bullying?**

 In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

**Bullying can be…..**

**Emotional:**Hurting people's feelings, leaving you out, making you feel bad.

**Physical:**Punching, kicking, spitting, pushing, theft.

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

**Racist:** Calling you racist names, graffiti.

**Cyber:**Saying unkind things by text, email, social media.

**When is it bullying?**

**Several**

**Times**

**On**

**Purpose**

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person. **Think before you speak!**

**Who can I tell?**

* A friend
* A family member
* School Member of Parliament
* Any teacher at school or any adult in school
* Someone you trust
* Anybody near you

**MOST IMPORTANTLY**

If you feel you are being bullied:

**Start**

**Telling**

**Other**

**People**

**If you are bullied:**

**Do**

* Ask them to stop if you can.
* Use eye contact and say stop
* Ignore them.
* Walk away.
* **TELL SOMEONE!**

**DON’T**

* Do what they say.
* Get angry.
* Hit them.
* Think that it is your fault.
* Do not retaliate.
* Hide it.

**What should I do if I see someone else being bullied?**

* Don’t walk away and ignore the bullying.
* Tell the bully to stop if it is safe to do so.
* Don’t stay silent or the bullying will keep happening.
* Don’t lose your temper.
* **TELL SOMEONE.**

**The Head Teacher, Governors, Staff and Student Council will work together to:**

* Make our school a place where everyone can feel 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 feel safe and be themselves.