

Who can I tell?

- A friend
- Any adult in school
- A family member

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 work through these to help 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 be who they are.

Always treat bullying seriously to prevent it happening again.



School Council Anti-Bullying Policy



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: Hurting people's feelings, leaving them out.

Physical: Hitting, kicking, pushing.

Verbal: Being teased, name calling.

Cyber: Saying unkind things by text, email and on the internet.

Bullying is not:

Falling out with friends

One off incidents

Accidents



If you are being bullied:

DO:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Be brave and **TELL SOMEONE**.

DON'T:

- Do what they say.
- Get angry or look upset.
- Hurt them.
- Think it's your fault.
- Hide it.



What should I do if I am a bystander and 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 be scared, tell an adult who you trust.