

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

If you see someone else being bullied, it is important that you help that person.

You should never walk away and ignore the bullying if you see someone else being bullied because the bully will keep on upsetting that person.

If you can, and it is safe, tell the bully to stop, but never get angry or hit them.

Tell a grown up, such as a teacher, as soon as you've seen someone being bullied.

Grown ups can stop the bullying and make that person feel happy again.

You should never feel scared to tell someone about bullying.

## How can we stop bullying from happening at The Manor?

We can all help stop bullying happening at our school by:

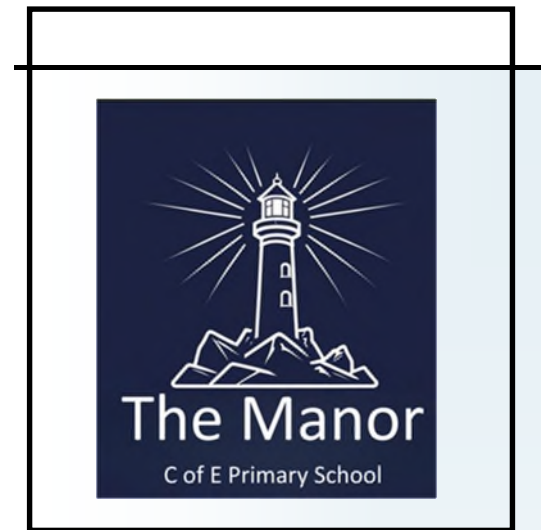
- Showing our school values of community and love.
- Help others when they are in need
- Be friendly, kind and respectful to others
- Think about others feelings before we say or do something



## Feeling safe and happy at The Manor

At The Manor School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.



# Anti-Bullying Leaflet

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## What is bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

A single problem and falling out with friends is not bullying. Bullying is behaviour repeated on purpose and is meant to upset someone.

## Types of bullying

Bullying can be different things, it isn't just hitting or kicking another person

**Emotional bullying** is hurting someone's feelings, leaving them out or bossing them about.

**Physical bullying** is punching, kicking, hitting or pushing someone.

**Verbal bullying** is teasing someone, calling them names.

**Cyber bullying** involves sending unkind messages over the internet or by text message.

Bullying can be done through **another person**, by one person sending another person to say nasty things.

## What should I do if I think I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to stop.

You can also:

- Make contact and tell the bully to leave you alone
- Ignore the bully and walk away
- Tell a grown up such as your parent or a teacher.

You should try not to:

- Do what the bully says
- Let what the bully says or does upset you
- Get angry or hit them.

Always remember that if you are being bullied, **it is not your fault** and you are never alone.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown up, we can make the bullying stop.

## Who can I talk to?

It is important that you tell someone as soon as you are being bullied, or notice someone else being bullied.

Speaking to someone like your mum, dad or teacher will mean that we can make sure the bullying stops and doesn't happen again. In school, you can tell any teacher or member of staff that you feel comfortable talking to.



At The Manor we do not tolerate bullying.