If you think you are being bullied

DO:
- Tell the bully to STOP
- Ignore them
- Walk away
- Tell a friend, adult or Worry Monster

DON’T:
- Keep it to yourself
- Bully someone else
- Do what the bully says
- Get angry or upset
- Think it is your fault

What should I do if I see someone else is being bullied?
- Don’t walk away and ignore it
- Tell an adult
- Put a note in the worry monster
- Tell the bully to stop
- Don’t stay silent or the bullying will keep happening

The adults and your friends in school will:
- Stop the bullying
- Keep you safe
- Comfort you
- Try to help you

Being a Good Friend

Child Friendly Policy 2018
What is Bullying?
A bully is someone who means to hurt someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

STOP BULLYING

Bullying can be....

Emotional bullying:
hurting people’s feelings, leaving you out or gossiping about you

Physical bullying:
punching, kicking, spitting, hitting, pushing

Verbal bullying:
begin teased, name-calling

Racist bullying:
calling you racist names

Cyber-bullying:
saying unkind things by text, email or other messaging apps.

When is it bullying?
When someone says or does something unintentionally hurtful and they do it once

THAT’S RUDE

When someone says or does something intentionally hurtful and they do it once

THAT’S MEAN

When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them you are upset

THAT’S BULLYING

Who can I tell?
A friend
Mum or Dad
Teachers or Teaching Assistants
Lunch Time Staff
Mrs Hallett
Your Class Worry Monster
Any adult that helps you

MOST IMPORTANTLY
If you are being bullied:
Start telling other people!