

What should I do if I am being bullied?

Do...

- ◆ Tell someone and get help straight away.
- ◆ Try to keep calm.

Don't...

- ◆ React and be nasty back.
- ◆ Keep it to yourself.

Remember it is NOT your fault and you are NOT alone.



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

- ◆ Tell an adult straight away.
- ◆ Don't try to get involved—you might end up getting hurt yourself.
- ◆ Don't ignore it or the bullying could keep happening.

How will the school respond to bullying?

- ◆ Bullying is always taken seriously.
- ◆ We listen to the children involved and offer them support.
- ◆ We do not tolerate bullying behaviour.
- ◆ We contact parents or carers.

Busbridge CE (Aided) Junior School



Child Friendly Anti-Bullying Guidance

What is bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset someone else. This behaviour is repeated

Bullying can take many different forms:

Emotional: Hurting people's feelings, deliberately excluding people.

Physical: Punching, kicking, hitting, pushing.

Verbal: Name calling, teasing.

Cyber: Saying unkind things via text message, email or social media.

Racist: Naming calling or unkind behaviour because of a person's skin colour.



When is it bullying?

**Several
Times
On
Purpose**

Who can I tell?

- ♦ Teachers
- ♦ Lunch time supervisors
- ♦ Year 6 buddies
- ♦ A friend
- ♦ Parents/ carers
- ♦ Headteacher
- ♦ Any other adult in school

It doesn't matter who you tell, but remember to tell someone!

