

If you are bullied:

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the classroom worry box if you are too scared to speak openly about it.
- Talk to a friend.
- TELL SOMEONE.**



DON'T:-

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

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

- ✓ Tell an adult straight away.
- ✓ Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.
- ✓ Don't stay silent or the bullying will keep happening

The Head, the Governors and the staff will work together to:-

- ✓ Make our school a place where everyone can feel safe and happy. Your teacher will make a record of what has happened and will monitor the situation carefully.
- ✓ We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

What will happen to a bully?

- ✓ Teachers will get involved and help you solve problems.
- ✓ They can talk to the bully and to the bully's parents.
- ✓ They will find out what is happening and they will act on what is happening

**Galmpton C of E
Primary School**



**Child Friendly
Anti-Bullying
Policy**

What is Bullying?

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



Bullying Can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Cyber: saying unkind things by text, email and online.

Racist: calling you names because of the colour of your skin.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend

Parents/Carers

Teachers

School Buddies

Lunch time Staff

Any Other Adult



MOST IMPORTANTLY:-

If you are being bullied:

Start **T**elling **O**ther **P**eople!