

What is bullying?

Bullying is when someone hurts someone else, more than once, by using behaviour or words which are meant to frighten or hurt that person.

Bullying can be...

Emotional:

Hurting people's feelings, leaving someone out.

Physical:

Punching, kicking, shoving, spitting, hitting, pushing.

Verbal:

Being teased, name-calling, saying things behind a person's back.

Written:

Letters, notes, graffiti

Racist:

Calling someone names because of the colour of their skin or religion.

Cyber:

Saying unkind things by text, email or online.

When is it bullying?

Several

Times

On

Purpose

What can you do?

Start

Telling

Other

People

Who can I tell?

A friend

Parents/ carers

Teachers

A trusted adult

School council

Wilbur the worry monster

If you really feel there is no-one else to talk to try the NSPCC. There will always be someone ready to listen.



If you are being bullied...

Do's:

- Ask them to stop if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Get help.
- TELL SOMEONE

Don't:

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

The Headteacher, Staff and Governors:

- will make our school a place where everyone can feel safe and happy.
- will help everyone to get on with each other. We believe that everyone has the right to feel safe and be who they are.
- will always treat bullying seriously.

