

When is it bullying?

When someone does something to hurt you

Several
Times
On
Purpose

What will happen if I tell someone I'm being bullied?

- You will be listened to
 - Adults will try to find out what is going on.
 - They will talk to other people who may have been around and seen or heard something.
 - They will talk to the person who you feel is showing bullying behavior.
- You will be helped to name adults who you can talk to at lunch, play and at other times in the school day and who can keep an eye on things.
- Adults will make sure anyone who is being unkind or bullying is told this is not acceptable and that it needs to stop.
 - Adults will check that the bullying behaviour does not start again and check in with you.
 - You and the person who is showing bullying behaviour may work with adults such as Mrs. Killick or Mrs. Cronin for advice and support in dealing with the problems or changing their behavior.
 - Parents or carers will be spoken to so they know what is going on and they can help.
 - There will be consequences for anyone who is showing bullying behaviour but it will be different according to what has been going on.

Children's Anti- Bullying Information



This leaflet tells you about what bullying is and about different types of bullying .It will also give advice on what you should do if you think you are being bullied and what adults in school will do to help.

We all have
the right to
feel safe all
the time

We can talk with
someone about
anything,
even if it feels
awful or small

Why do people bully other people?

There are lots of reasons why someone may show bullying or unkind behaviour.

Whatever the reasons, bullying behaviour is never acceptable. It makes people feel very unsafe. It is important to remember, though, that anyone can change and make different choices and stop behaving in an unkind way.



There are many different types of bullying behaviour such as:

Emotional

Hurting people's feelings or leaving people out.

Physical

Hitting, nipping or scratching.

Verbal

Calling people mean words, spreading rumours, threatening or teasing.

Cyber

Saying unkind things by text or online.

Racist

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

What should I do if I think I'm being bullied or treated unkindly?

- Make good eye contact and say in a strong voice stop doing that because it makes me feel...
- As soon as you can, use your safety network and tell someone you trust.
- You may choose to tell a friend but remember you will probably need to tell a grown up so they can help to make sure the bullying behavior stops.
- If upsetting things are being posted through technology and social media do not delete anything and try to screen shot anything that does not stay on the device automatically.
- It is best to not respond to anything but show an adult straight away.

What should I do if I think someone else is being bullied or treated unkindly?

- Keep yourself safe
- When you can, check the person is ok
- encourage them to tell someone on their safety network what is going on. You could offer to do it with them
- If the person doesn't want to tell anyone you may need to do this for them to keep them safe.

What happens in school to prevent bullying?



Our core learning skills will include work on bullying.

Learning about and using Protective Behaviours and following the themes will help us.

We will review our safety network often.

The adults in school know what bullying is and how to deal with it.

Posters and information on the safety board will remind everyone that bullying is not acceptable, and tell them what to do if they are being bullied.