

Why are we against bullying?

Everybody has the right to be treated with **respect**.

Everybody has the right to feel **happy** and **safe**.

No-one deserves to be a victim of bullying.

Bullies need to learn different ways of behaving.

If bullying happens we will help everyone to make it stop.

Bullying of any kind is unacceptable at our school.



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.
- Get help.
- **TELL SOMEONE.**

DON'T:

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

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

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.



Cabot Primary School

Child friendly Anti-Bullying Policy.



Partnership Inclusion Excellence

What is bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

Bullying happens... What to do...

Several
Times
On
Purpose

Start
Telling
Other
People

*Together we can **STOP** it*



Bullying can be.....

Emotional: Hurting people's feelings, leaving you out



Physical: Punching, kicking, spitting, hitting or pushing.



Verbal: Being teased, name calling.



Written: Letters, notes, graffiti.



Cyber: Saying unkind things by text, e-mail and on the internet.



Most importantly if you are getting bullied:

Start Telling Other People



Who can I tell?

- * A friend
- * Parents/carers
- * Teachers
- * Lunch time staff
- * Any other adult