

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

- Tell an adult straight away and your nearest AB Star
- 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 Headteacher, Governors and the staff will work together to:-

- Make our school a place where everyone can feel safe and happy, That means No Bullies Allowed
- We will help everyone to get on with each other and we believe that everyone has the **right** to be who they are, **enjoy** coming to school and to feel **safe** whilst they are here.

What will happen to a bully?

- Teachers will get involved to and help you solve problems. They may give out warnings, **yellow** or **red** cards and may even speak to parents.
- Staff may use restorative strategies to help re-



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Anti-Bullying Policy -Child Version-



“Every child has a right to an education” - Article 28
“Every child has a right to relax and play” - Article 31
“Every child has a right to feel safe” - Article 19

This policy was reviewed:
Autumn 2024



What is Bullying and Harassment?

A bully is someone who 'hurts' or 'harasses' someone else by demonstrating behaviour which is intended to cause harm or distress to another.

It can be characterized as offensive, intimidating, malicious or insulting and is a misuse of any power. The behaviour is normally repeated. We must remember that something may be going on in the 'bully's' personal life which may effect their school life/behaviour.



Emotional/psychological—Hurting people's feelings, leaving you out e.g. at break-times and stereotyping.

Physical—Punching, kicking, spitting, hitting, pushing, intimidating behaviour.

Verbal—Being teased, name calling, swearing (due to a disability or other protected characteristic)

Online—Saying unkind things by text, e-mail, and online using social media, chat spaces and online games.

It is bullying when it is...

Several
Times
On
Purpose



Who can I tell?

- A Friend
- Parents/Carers
- School staff
- School Council
- Values Champions
- Anti-Bullying Stars



Most importantly:

Start
Telling
Other
People

YOUNGMINDS

If you are being bullied

DO:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to go away.
- Ignore them
- Walk away
- Use your Worry Eater
- Tell the truth
- Talk to a friend
- **BE BRAVE**
- **TELL SOMEONE YOU TRUST**

DON'T:

- Do what they say
- Get angry, retaliate or run away
- **KEEP IT TO YOURSELF**

