

IF YOU ARE BEING BULLIED...



Do:

- Be firm and clear and tell them to **STOP** if you can.
- Walk away and tell an adult at school.
- Talk to a friend or family member.
- Keep telling people until someone listens.

• TELL SOMEONE



Don't:

- Keep quiet and 'put up' with it'.
- Try and sort it out yourself.
- Blame yourself and think it's your fault.
- Ignore it.

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

- Don't walk away and ignore the bullying behaviour.
- Let an adult know as soon as possible.
- Tell the person using bullying behaviour to stop if it is safe to do so.
- Don't stay silent or the bullying might keep happening.

All the adults at school will work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying behaviour!
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.



Journeying Together with God

Bramley St Peter's Anti-Bullying Policy for Children



Nurture



Discover



Respect

WHAT IS BULLYING BEHAVIOUR?

At our school, we believe a bully is someone who hurts someone **more than once, on purpose**, by using behaviour which is **meant to hurt**, frighten or threaten another person.

Bullying can be...

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

Physical: pushing, poking, kicking, hitting, biting, nipping.

Verbal: name calling, sarcasm, spreading rumours, threats, teasing, racism or using homophobic, biphobic or transphobic language.

Online: Saying unkind things when gaming, messaging or through social media.

WHEN IS IT BULLYING BEHAVIOUR?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

"What do you want to be when you grow up?"



"Kind" said the boy

WHO CAN I TELL?

- A friend
- Your parents/carers
- Other family members
- Any member of staff in school
- Anyone you feel you can trust



MOST IMPORTANTLY:

If you are being bullied,
reach out and tell someone!