

What to do if you are being bullied...

DO:

Ask them to STOP

Use eye contact and tell them to go away.

Ignore them.

Walk away.

TELL SOMEONE.



DON'T:

Do what they say.

Get angry or look upset.

Hit them.

Think it's your fault.

What do you do when someone else is being bullied?

Don't walk away and ignore the bullying

Tell the bully to stop

Don't stay silent or the bullying will keep happening

Don't lose your temper

TELL SOMEONE

The Executive Headteacher, Head of School, the Governors, the staff, the Young Governors and the children will work together to:

Make our school a place where everyone can feel safe and happy. That means no bullying allowed.

We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be who they are.

Nettlestone Primary School



Child Friendly

What is Bullying?

In our school a bully is someone who hurts someone more than once, on several occasions, by deliberately using behaviour which is meant to hurt, frighten or upset another person.



Bullying can be.....

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

Physical: Punching, kicking, spitting hitting, pushing, pulling hair, tripping up, theft.

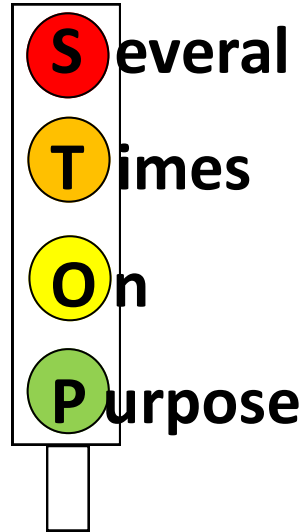
Verbal: Being teased, name calling, being rude.

Racist: Calling you racist names.

Cyber: saying unkind things by text, e-mail, Facebook or Twitter.

When is it bullying?

Bullying is...



Who can I tell?

A friend

A family member

Head Boy and Girl

Young Governors

Head Teacher

Teachers

Class helpers

Teaching Assistant

Caretaker/Lunchtime staff

Any other adult

Someone that you trust

Someone who has experienced it before

Tell the Bully to Stop!

MOST IMPORTANTLY:

If you feel you are being bullied,

Start Telling Other People!