

If you are being bullied:

Do.....



- ♦ Use eye contact and tell them to go away and leave you alone.
- ♦ Ignore them and walk away.
- ♦ Act as if you do not care about what they say or do.
- ♦ Always remember it is NOT your fault and you



Don't.....

- ♦ Do what they say.
- ♦ Look upset or cry.
- ♦ Get angry.
- ♦ Hit them back.

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

- * Don't walk away and ignore the bullying.
- * Let the bully know what is happening e.g. I am going to tell an adult.
- * Tell the bully S.T.O.P if it is safe to do so.
- * Don't stay silent or the bullying will keep happening.

The Head, Governors and the staff will work together to:-

- * Make our school a place where everyone can feel safe and happy.
- * Make sure any bullying is STOPPED.
- * We will help everyone get on with each other.
- * We believe everyone has the right to be who they are.

STAMP
Out
Bullying



Crays Hill
Primary School

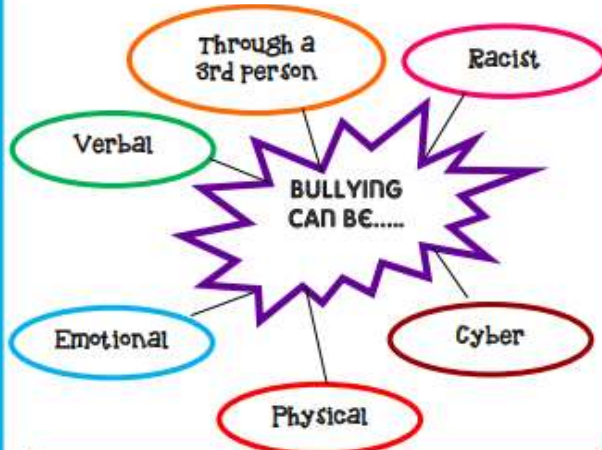
"Learning, Safety and Respect for all"

Child friendly anti-bullying Policy



What is bullying?

At Crays Hill Primary School a bully is someone who hurts someone more than once, by using behaviour that is intended to hurt, frighten or upset another person.



Emotional: Hurting people's feelings, bossing someone around and leaving people out.

Racist: Calling someone racist names.

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

Cyber: Text, email, games console.

Verbal: teasing, name calling, hand signals.

Through a 3rd person: sending a friend with a horrible message.

When is it bullying?

Several
Times
On
Purpose

What will happen to the bully?

The teachers will get involved and help you solve the problem. They will talk to your parents, talk to your friends and make sure the bullying stops.

**DON'T BE AFRAID TO ASK FOR
HELP.**

Who can I tell?

- Any grown-up in school
 - Teachers
 - Office staff
 - Cook
 - Learning support assistants
- Friends
- Family – mum, dad, nan, grandad, brother, sister

What should I do if I am being bullied?

