

## If you are bullied:-

### DO:

- Ask them to **STOP** if you can.
- Ignore them.
- Walk away.
- Tell an adult
- Talk to a School Council member
- **TELL SOMEONE.**

### DON'T:

- Believe what they say.
- Retaliate.
- Think it's your fault.
- Hide it.

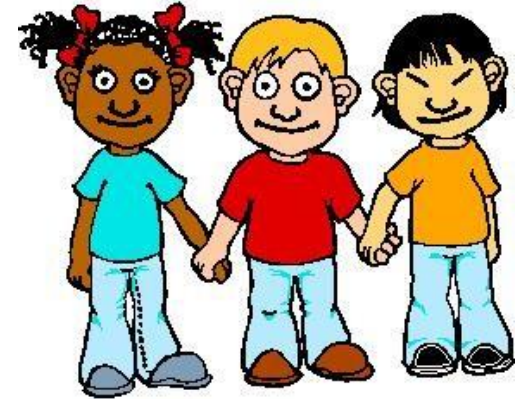
## What should I do if I see someone else is being bullied?

- Don't just walk away and ignore the bullying, find an adult.
- Ask the child if they need help.
- Don't stay silent or the bullying will keep happening.

**The Head teacher, the Governors and all the staff 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 be who they are.

## St Thomas à Becket C of E VA Primary School



## Child Friendly Anti-Bullying Policy

September 2022

## What is Bullying?

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

### Bullying can be.....

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

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

**Verbal:** Being teased, name calling.

**Racist:** Calling you racist names.

**Cyber:** Saying unkind things by text, e-mail and social media.

## When is it bullying?

Several

Times

On

Purpose

**We promise to always treat bullying seriously.**

## Who can I tell?

- A Friend
- Mum/Dad
- Teachers
- School buddies, school council or head boy/girl
- Lunch time Staff
- Anyone you feel you can trust

### **MOST IMPORTANTLY:-**

If you are being bullied,

**Start Telling Other People!**