

### What is bullying?

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

#### Bullying can be.....

**Emotional:** Hurting people's feelings, leaving you out, making you feel bad, giving dirty looks, spreading rumours.

**Physical:** Punching, kicking, spitting, pushing, theft, tripping over, scratching, hitting

**Verbal:** Being teased, name calling, being rude, threatening or intimidating people, telling lies about people, laughing at people to make them feel bad.

**Racist:** Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.

**Cyber:** Saying unkind things by text, email, social media, prank calls, blocking people from games

#### When is it bullying?

Several

Times

On

Purpose

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person.

Think before you speak!

#### Bullying is not:

A 'fall out' with a friend

An incident

Something that happens only one time

A one off physical act of aggression eg pushing someone

#### Who can I tell?

A friend

A family member

School councillor or Buddy

Head Teacher

Any teacher at school or any adult in school including lunch time staff

Someone you trust

Anybody near you

### MOST IMPORTANTLY

If you feel you are being bullied :

Start

Telling

Other

People

#### If you are bullied:

##### Do

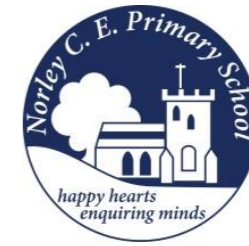
- Ask them to stop if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- TELL SOMEONE!

##### DON'T

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think that it is your fault.
- Hide it.
- Do not retaliate.

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

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- TELL SOMEONE.



## Norley CE Primary School Child Friendly Anti Bullying Policy

To be reviewed with Anti-Bullying Policy



#### What will happen?

- We will always treat bullying seriously.
- We will talk to the bully and explain that they MUST stop being unkind to you.
- We will find out why they are being unkind. Often bullies are unhappy about something and will benefit from support.
- We will talk to parents.
- Your teacher will look out for you and keep checking in with you to see that things have been ok.

#### The Head Teacher, Governors, Staff and School Council will work together

to:

- Make our school a place where everyone can feel 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 themselves.
- We want everyone to respect and understand each other.