

## Who can help?

- \*Teachers/Teaching assistants
- \*Parents
- \*Brothers and Sisters
- \*Governors
- \*Friends
- \*Any adult you trust
- \*Childline



## What will happen if you tell?

- \*An adult will talk to the person using bullying behaviour and the victim
- \*An adult will talk to other children to find out if anyone else saw or heard anything
- \*Both sets of parents will be told
- \*Consequences will follow for the person using bullying behaviour (decided by Headteacher, teachers and parents)
- \*We hope the person using bullying behaviour will realise their behaviour is wrong and change.
- \*The victim stops being bullied.
- \*Adults keep checking that the bullying has stopped.

**MOST IMPORTANTLY...  
tell someone so that bullying can stop!**

## Anti-bullying Advice



Our vision is lived out through the values of

**community**

**courage**

**creativity**

**forgiveness**

**joy**

**love**

**respect**

## What is bullying?

Bullying can happen anywhere at anytime to anyone.

Bullying is when someone picks on someone else on purpose over and over again.

Bullies want to hurt the other person physically or emotionally.



**S**everal  
**T**imes  
**O**n  
**P**urpose

## Bullying can be:

**Emotional**- hurting their feelings on purpose.

**Physical**-hitting, kicking, pushing, poking, tripping over.

**Verbal**-calling names, making fun of someone, talking about someone behind their back, threatening.

**Cyber**-on a computer, tablet, phone, sending nasty messages or horrible photos.

**Prejudiced**-bullying someone because of their culture, religion, skin colour, likes/dislikes or gender.

## If you are being bullied:

### DO!

- \*Tell a trusted adult
- \*Call ChildLine on 08001111
- \*Ignore them
- \*Tell a friend
- \*Walk away

### DON'T!

- \*Retaliate (do it back)
- \*Believe what they say
- \*Feel pressured to do what they say



## If you see someone being bullied:

### DO!

- \*Ask them to stop (if you feel confident)
- \*Tell an adult
- \*Make sure that the person being bullied is okay

### DON'T

- \*Be a bystander
- \*Join in
- \*Try to sort it out yourself