



Anti Bullying - Child Friendly Version

A bully is a person who purposely tries to hurt others by:

- ❖ Making them feel uncomfortable.
- ❖ Hurting them by kicking, hitting, pushing, tripping, etc.
- ❖ Name-calling.
- ❖ Spreading nasty rumours.

If you think you are being bullied:

DO:-

- ❖ Ask them to STOP if you can.
- ❖ Use eye contact and tell them to go away.
- ❖ Ignore them.
- ❖ Walk away and find different friends to play with.
- ❖ Talk to any adult in school if you need to, they will **ALWAYS** be there for you - just **tell** them!
- ❖ Tell a friend and then go with your friend to tell an adult.

DON'T:-

- ❖ Do what they say.
- ❖ Get angry.
- ❖ Show you are upset.
- ❖ Hit them.
- ❖ Think it's your fault.
- ❖ Hide it.

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

- ❖ Don't walk away and ignore the bullying.
- ❖ Let the bully know what is happening.
- ❖ Tell the bully to stop if it is safe to do so.
- ❖ Don't stay silent – tell someone or the bullying will keep happening.

The Headteacher, the Governors and 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.