

## 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 and find different friends to play with.
- Find an adult to tell or ask a friend to speak to an adult for you.
- Use the worry box if you are too scared to speak openly about it.
- TELL SOMEONE.

### 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.



## Where else can I go for help?



Always there for you.

# Children's Anti Bullying Policy 2017

KEEPING CHILDREN SAFE AND HAPPY



**Stanford Junior and Infant School**

*Living together - Learning together*

## What is Bullying?

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

**We do not accept bullying!**

**Bullying Can be...**

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

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

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

**Racist:** Graffiti or calling you names.

**Cyber:** saying unkind things by text, e-mail or online chatrooms.

## When is it bullying?

Sometimes we disagree and fall out with friends, but this is not always bullying. It is bullying when it is -

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



We promise to always treat bullying seriously.

## Who can I tell?

A Friend

Mum/Dad

Teachers/TA's

Lunch time Staff

Any Other Adult

**MOST IMPORTANTLY:-**

If you are being bullied:

**Start Telling Other People!**

**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.