

If 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.



Act as though you don't care what they say or do.



Remember it is NOT your fault and you are NOT alone.



TELL SOMEONE.



Don't



Do what they say



Get angry or look upset



Hit them



Think it's your fault



Hide it



What should I do if I see someone else 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 or the bullying will keep happening.

Mrs Cook, the adults in school and the governors will work together to:

- make our school a place where everyone can feel safe and happy.
- deal with bullying in school by helping everyone to
 - get on well with each other
 - respect and understand each other
 - to believe that everyone has a right to be who they are.



Cotsford Primary School



Child Friendly

Anti-Bullying

Advice

What is bullying?

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



Physical - punching, kicking, pushing, spitting.

Emotional - hurting people's feelings, leaving you out, being bossy.

Cyber - saying unkind things by text, email or on the internet. Taking unkind photos or videos of me and sending them to other people.

Racist - calling names because of skin colour or where people come from.

Verbal - teasing, name calling, hand signs.

Homophobic - calling someone gay or lesbian.

What is bullying?

Several

Times

On

Purpose



What can school do to help?



We will always treat bullying seriously.

We will try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.



Who can I tell?

Mam / Dad

Teachers

Rebecca (P2B)

A friend

Lunch staff

Any adult

Most importantly

If you are being bullied...

Start

Telling

Other

People

