

If you are being bullied...

Do

- ✔ Tell 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.

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
 - remember that everyone has a right to be who they are.



Cotsford Primary School



Child Friendly

Anti-Bullying

Advice

What is bullying?

Bullying is when a person or group repeatedly and on purpose uses words or actions to make someone feel sad, scared, or hurt. It is not a one-time accident, but a repeated action, often involving a power imbalance where the victim feels they cannot stop it.



Physical - pushing, poking, kicking, hitting, biting, pinching.

Verbal - name calling, spreading rumours, making threats, teasing, belittling.

Emotional - isolating others, tormenting, hiding belongings, threatening gestures, ridicule, humiliation, intimidating, excluding, making people do things they don't want to.

Sexual - unwanted and / or inappropriate touching, rude comments, homophobic abuse, being shown inappropriate images or videos.

Online /cyber - posting on social media, sharing unkind or embarrassing photos, sending nasty text/email messages or whilst gaming, excluding others.

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

Debs (P2B)

A friend

Lunch staff

Any adult

Most importantly

If you are being bullied or think someone else is...

Start

Telling

Other

People

