

What should I do if I'm being bullied?

Regular **U**nfair **D**eliberate **N**o **E**xcuse

DO:

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Act as though you don't care what they say or do.
- Talk to a friend.
- Tell someone and get help straight away.
- Use the classroom **Time to talk box** if you are too worried to speak openly about what is happening.
- Remember it is NOT your fault.

DON'T:

- Get angry or fight back – try not to react.
- Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says.

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



- Tell an adult straight away. Don't stay silent or the bullying will keep happening.
- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

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Spring Bank Primary School

Child-Friendly Anti-Bullying Policy



We will all work together to STOP bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.

What is bullying?

In our school, a bully is someone who hurts someone more than once, by using words or behaviour which is meant to make them upset or frightened.

- Emotional: Hurting people's feelings, leaving you out, being bossed about.
- Physical: Punching, kicking, spitting, hitting, pushing.
- Through a 3rd person: Sending a friend with horrid messages.
- Verbal: Being teased, name calling, rude comments.
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- Cyber: Saying unkind things by texts, e-mail or online.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.

Who can I tell when I need a Helping Hand?



Tell a friend, a member of the school council, a teacher or a teaching assistant, a midday supervisor, Mrs Bonner, Emma, Miss Ditta or Mrs Hawes

We will always treat bullying seriously.

We will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or sanctions (punishments) and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so that you can feel safe and happy in school. Your teacher will check with you that things have been ok.