

If you are bullied:

DO:

- Ask them to STOP.
- Ignore them.
- Find a Midday assistant, teacher or another adult.
- Walk away.
- Use the classroom worry box so your teacher knows you are sad or worried.
- Talk to a friend, Anti-bullying Ambassador, mum or dad or whoever looks after you.

YOU MUST 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 is being bullied?

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors, the staff and the pupils 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.

What will happen to a bully?

Teachers will get involved and help to STOP the bullying. They will talk to your parents and the parents of the bully.



eastbury
primary
school

Child Friendly Anti-Bullying Policy

What is Bullying?

Bullying is a behaviour that can hurt you on the inside or on the outside and is repeated over time. It hurts you on the outside by hitting you and hurting you physically. It hurts you on the inside by name calling or saying things that are not nice knowing they will hurt your feelings.



Bullying can be repeatedly...

Emotional: Hurting people's feelings, leaving you out or saying nasty things.

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

Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, e-mail, chat rooms or online.

Racist: Calling you names because of the colour of your skin or because of your religion.

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



Don't ever think you're alone, tell your teacher if someone is making you feel sad. Remember even if it is happening outside school you can still tell your teacher or any other adult in school.

Who can I tell?

School Friends



Anti-bullying Ambassadors



Parents/Carers



Teachers



Lunch time Staff

