

WHAT SHOULD I DO IF I AM BEING BULLIED?

DO

- Ask them to stop if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Tell an adult



WHAT SHOULDN'T I DO IF I AM BEING BULLIED?

DON'T

- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Keep it to yourself
- Take it personally



WHO CAN I TELL?

- A friend
- Teacher
- Teaching assistant
- Lunchbreak supervisor
- Mum, Dad or an adult at home
- Headteacher

We want our school to be a happy place where everyone can feel safe and happy.





What is bullying?

Bullying can be:

- **Emotional:** Hurting people's feelings, leaving people out
- **Physical:** Punching, kicking, spitting and pushing
- **Verbal:** teasing and name calling
- **Racist:** Calling you racist names
- **Cyber:** Saying unkind things by text, email, facebook etc.

When is it bullying?

Several

Times

On

Purpose



Bullying is when someone (or a group of people) picks on you, hurts you, calls you names, threatens or says nasty things about you, takes your things and friends away **and keeps on doing it**, making you feel frightened and / or unhappy.

Rangeworthy Primary School

Child-friendly
Anti-bullying Policy

