

If you are being bullied:

DO:

- ✓ Remember it is **not your fault**. We are all different in some way- that's what makes us amazing.
- ✓ Ask them to **STOP**, if you can. Tell them what it is you don't like. Practice this with someone you trust.
- ✓ Play with children who **make you feel good about yourself**.
- ✓ **Walk away**. If it is on-line or on your phone, stop playing or messaging and show a grown-up.
- ✓ **It's ok to feel upset- the important thing is to tell someone!**
- ✓ **Talk to a friend**.
- ✓ **Be kind to yourself**. Do things that make you feel good in your spare time- sport, music, drawing, dancing or games.
- ✓ Remember to **be kind to others**, even if you are feeling upset or angry.
- ✓ Remember that **it is the bully who needs to change their behaviour**, not you!
- ✓ **TELL SOMEONE**

DON'T

- Be tempted to **say horrible things** or send a **nasty message back**. This can lead to **more problems** in the long run and won't solve the problem or stop the bullying.
- Do what they say. If it doesn't feel right- don't do it!
- Get angry
- Hit them
- Try and hide that you are unhappy.



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

- ✓ Tell an adult straight away
- ✓ Don't try to 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
- ✓ Don't be a bystander

The Head, Staff and Governors 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 along – being **polite** and **respectful**
- ✓ We believe that everyone has the right to be who they are – **individual** and **unique**

What will happen to a bully?

- ✓ Adults will get involved and help you solve the problems. They can talk to you, your friends and your grown-ups to find solutions.
- ✓ Bullies need to change their behaviour and language

St. Barnabas CE Primary School



St Barnabas
CofE Primary School



Children's Anti-Bullying Leaflet



What is Bullying?

Bullying is **not** a one-off incident of name calling, arguing, falling out or fighting.

A bully is someone who intentionally hurts another person on purpose by using behaviours which are meant to frighten or upset.



Emotional: hurting people's feelings, leaving them out, spreading rumours

Physical: hitting, punching, kicking, spitting, pushing, stealing

Verbal: teasing, name calling, threats, saying nasty things

Cyber: using the internet, mobile phones, gaming devices

Racist: Calling you names because of the colour of your skin or because of your religious beliefs

When is it Bullying?

SEVERAL

TIMES

ON

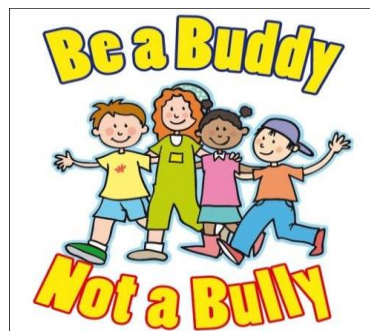
PURPOSE



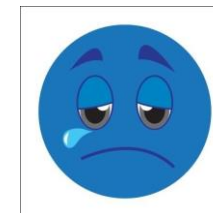
Bullying is conscious, deliberate and calculated. It is usually repeated over a period of time. The behaviour is repeated frequently and is not a one off incident.

To tackle any cases of bullying, parents and schools need to work in close partnership.

We promise to always treat bullying seriously.



Who Can I Tell?



START

TELLING

OTHER

PEOPLE

- ✓ **A Friend**
- ✓ **Parents/Carers**
- ✓ **Any adult in school**

MOST IMPORTANTLY

If you think you are being bullied

Start Telling Other People