

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the worry box if you are too scared to speak openly about it.
- Talk to a friend.
- 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 get involved because you may end up getting into trouble yourself.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors and the staff will work together to:-

- Make our school a safe place where everybody feels safe and happy.
- Help children get along with each other.

What will happen to a bully?

We will help bullies change their behaviour by mentoring; mediation; exploring feelings; reflection and reminding bullies of our school values.



# Christ Church Primary School



## Child Friendly Anti-Bullying Policy



### What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



**Emotional:** Hurting people's feelings, leaving you out.

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

**Verbal:** Being teased, name calling.

**Cyber:** Saying unkind things by text, email and online.

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

### When is it bullying?

**Several  
Times  
On  
Purpose**

We promise to take all bullying seriously.

### Who can I tell?

A friend  
Parents/Carers  
Teachers  
Learning Mentor  
Lunch time staff  
Any other adult

**MOST IMPORTANTLY:-**  
If you are being bullied:  
**Start Telling Other People!**

