

If you are bullied:

Do:

- Ask them to **STOP** if you can.
- Walk away.
- Tell someone about it.
- Ignore them.
- Find a friend.
- Talk to an adult you trust.
- Speak to PPM
(Playtime peace makers)

Don't:

- Think it's your fault.
- Do what they say.
- Get angry.
- Keep it inside
- Hurt them back.
- Shout.
- Bully them back.

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

- Go to the school website.
- Try and make them feel better.
- Try and be a good friend.
- Support them and say nice things.
- Talk to a responsible adult that you know.
- Ask them to **STOP** if your friend doesn't feel they can.
- Speak to PPM

The Head Teacher, Governors and staff will work together:

- 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.



Child Friendly Anti - Bullying Policy

Golden Rule

'do for others what you want them to do for you'

Matthew 7:12



St Werburgh's C of E (V.A.) Primary School

'Believe, Achieve, Together'

Written by

St.Werburgh's CofE Primary

School Council

What is Bullying?

Bullying can be:-

Emotional

Hurting people's feelings; leaving you out, saying upsetting words.

Physical:

Punching, kicking, shoving, spitting, hitting, pushing.

Verbal:

Being teased, name-calling, saying things behind a person's back. Swearing at people.

Mental:

When someone says or does things that gets inside your head that you can't control.

Cyber:

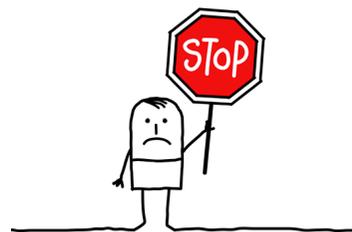
Saying unkind things by text, email, or online.

Racist:

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

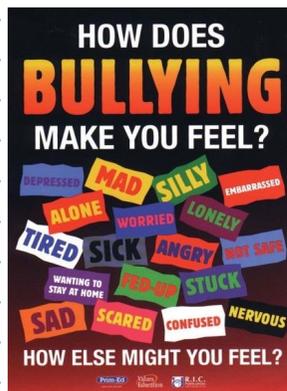
When is it bullying?

Several
Times
On
Purpose



Most importantly

Talk
Educate
Listen
Learn



Who can I tell?

A friend
Parents/ Carers
Teachers/ Staff
Any other trusted adult
People who help us
Sports Leaders
School Council members
Playtime Peace Makers
Friendship stop
Childline



Be the best person that you can possibly be.