

What should I do if I'm being bullied?

Start Telling Other People

DO:

- ★ Ask them to stop
- ★ Use eye contact and ask them to go away
- ★ Ignore them and walk away
- ★ Act as though you don't care what they say or do
- ★ Talk to a friend
- ★ Tell someone and get help straight away
- ★ Use the school 'worry box' in the corridor
- ★ Remember it is NOT your fault

DON'T:

- ★ Get angry or fight back
- ★ Fight back or over-react
- ★ Hit or punch them
- ★ Hide the problem away
- ★ Believe what the bully is telling you
- ★ Blame yourself

Speak To Other People

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

Start Telling Other People

- ★ Tell an adult straight away
- ★ Don't stay silent otherwise the bullying will keep happening
- ★ Tell the person to STOP if it is safe to do so
- ★ Try not to get involved as you might get hurt or end up in trouble yourself
- ★ Comfort the person who has been a victim of bullying
- ★ Tell the person to speak to an adult and reassure them that it is not their fault



Several Times On Purpose



Haggonfields Primary School

Our Pupil Anti-Bullying Policy



...our stars learn to shine!

We work together
to
S T O P
bullying!



At Haggonfields Primary School, we want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

We promise to:

- ★ **Get on well together**
- ★ **Respect each other**
- ★ **Listen to each other**
- ★ **Be tolerant**
- ★ **Show respect**
- ★ **Be polite**

What is bullying?

A bully is someone who hurts someone with their words or behaviour repeatedly. This will happen many times not just once or twice. The bullying is 'targeted' at another person.

Emotional: hurting someone's feelings, leaving you out of a group, being bossed about

Physical: punching, kicking, hitting, spitting, pushing

Verbal: being teased, name calling, rude comments

Racist: saying unkind things because of the colour of your skin, your religious beliefs or your culture

Cyber: saying unkind things by text, email or through social media

Bullying is not:

- ★ A 'fall out' with a friend
- ★ An accident
- ★ Something that happens once or twice
- ★ An act of aggression that happens once e.g. pushing

Who can I tell when I need a helping hand?



We will always treat bullying seriously.

- ★ We will talk to the person and explain that they **MUST** stop being unkind to you.
- ★ We will give out warnings or consequences.
- ★ We will talk to their carer or parents.
- ★ We want the other person to realise that he or she is being unkind.
- ★ We will show them ways to behave in a kind way so that you can feel safe and happy in school.
- ★ Your teacher will check in with you to make sure that things are ok.