

If you are bullied:-

DO:-

- Use the PLEASE STOP rule if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the school 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?

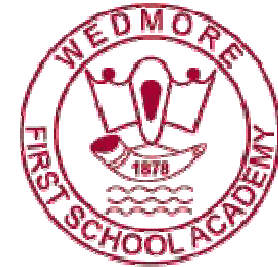
- Tell the bully to stop if it is safe to do so.
- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening

The adults in school, along with you, the pupils, will work together to:-

- make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- help everyone to get on with each other and we believe that everyone has the right to be who they are.



Wedmore First School Academy



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, e-mail and online.

Racist: calling you names because of the colour of your skin.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A friend

Parents/carers

Teachers

School buddies

Lunch time staff

Any other adult



MOST IMPORTANTLY:-

If you are being bullied:

Start **T**elling
Other **P**eople!