

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use your circle of friends and the Buddy Bench
- 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 School friend
- TELL SOMEONE.

**SAY NO TO BULLYING
SAY YES TO FRIENDSHIP**

DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think its your fault.
- Hide it.

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

- Do talk to an adult
- Use the worry box

Don't stay silent or the bullying will keep happening

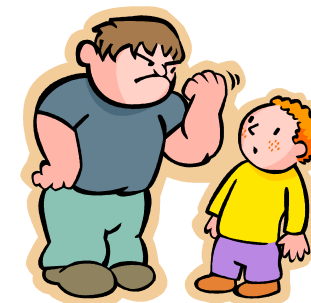
The Head, the Governors, the staff and the School Council will work together to:-

- Make our school is a place where everyone can feel safe, happy and part of the Great Wishford School Family. That means **NO** bullying is allowed.
- We will help everyone to get on with each other through learning our School Values and by following our Golden Rules. We believe that everyone has the right to be who they are.

Great Wishford C.E. (V.A.) Primary School Child Friendly Anti-Bullying Policy



**SAY NO TO BULLYING
SAY YES TO FRIENDSHIP**



What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

Bullying Can be.....



Emotional: Hurting your feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling, sarcasm.

Racist: Graffiti, calling you racist names.

Cyber: writing unkind things by text, e-mail and msn messenger.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously and to listen to you if you are worried or scared about someone bullying you.

Who can I tell?



A Friend
Mum/Dad or
Family member
Teachers
School Friends
Lunch time Staff
Any Other Adult in school

MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!