

Bullying is not...

- An accident.
- A 'fall out' with a friend
- Something that happens only one time.
- A one-off act of physical aggression e.g. pushing someone over.



What will happen to a bully?

- Teachers/Head Teacher will get involved and help you solve your problems.
- Teachers/Head Teacher will investigate and remind the child or children that bullying is not acceptable in any form.
- Teachers/Head Teacher will refer to the Behaviour and Anti-bullying policies when dealing with the situation.

REMEMBER...

What is bullying?

Several

Times

On

Purpose

What should I do if I'm being bullied?

Start

Telling

Other

People

CHINLEY PRIMARY SCHOOL



Child-Friendly ANTI-BULLYING POLICY



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ABOUT BULLYING...

What is Bullying?

- Being made unhappy by the deliberate and continued actions and or words of others
- Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- Bullying can be by one person or a group of people.

Bullying can be.....

- **Emotional:** Hurting people's feelings, leaving you out, gossiping.
- **Physical:** Punching, kicking, pushing, damaging their belongings.
- **Verbal:** Name-calling, teasing, offensive remarks.
- **Cyber:** Saying unkind things by text, email or social media.
- **Prejudice:** Racial, religious belief, gender, sexuality, special educational need or disability.

Who can I tell if I am being bullied?

- Parents/carers
- Teacher/teaching assistant/Head Teacher
- Friend(s)
- Midday supervisor
- Any other trusted adult



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

- Tell an adult straight away and get help.
- Don't try and get involved - you might get hurt or even get into trouble yourself.
- Don't stay silent!



If you are bullied:

DO:-

- **TELL SOMEONE**
- **Ask them to STOP if you can.**
- **Use eye contact and tell them to go away.**
- **Ignore them. Walk away.**
- **Talk to a friend.**

DON'T:-

- **Do what they say.**
- **Get angry.**
- **Hit them.**
- **Think it's your fault.**
- **Hide it.**