

# Child Friendly Anti Bullying Policy

Bullying happens ....

**Several** 

Times

On

Purpose

What to do .....

**S**tart

Telling

Other

People

Together we can STOP it!

# What is Bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

Bullying can be ....



Emotional: Hurting people's feelings, leaving you out.



Physical: Punching, kicking, spitting, hitting or pushing.



**Verbal:** Being teased, name calling, rude comments. Through a 3rd person: Sending a friend with horrid messages.



Written: Letters, notes, graffiti.

Cyber: Saying unkind things by text, e-mail and on the internet.





Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.

#### Bullying is not:

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

# If you are bullied:

# DO:

- Ask them to <u>STOP</u> if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- 🔽 Walk away.
- 🔽 Talk to an Anti-Bullying Ambassador.
- 🔽 Get help
- 🔽 Tell Someone.

### DON'T:

- Oo what they say.
- Get angry or look upset
- χ Hit them.
- Think it's your fault.
- Hide it.

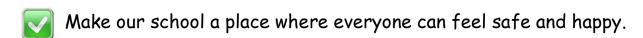
# What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

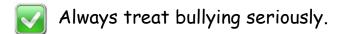
## Who can I tell?

- A friend
- My Teacher
- An Anti-Bullying Ambassador
  - A family member
  - Any adult at school
  - The 'Lets Talk' Boxes
    - Any other Adult.

#### Everyone at Pitmaston School will work together to:



Help everyone to get along with each other because we believe that everyone has the right to be who they are.



Pitmaston School Anti Bullying Policy	
I have read the policy and will do my very best to follow what it says - together we	
will make Pitmaston School a safe, bully free and happy place.	
Name	Signature