



Child Friendly Anti Bullying Policy

<p>Bullying happens</p> <p>Several</p> <p>Times</p> <p>On</p> <p>Purpose</p>	<p>What to do</p> <p>Start</p> <p>Telling</p> <p>Other</p> <p>People</p>
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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 **STOP** 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:

- 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?

- 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:

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get along with each other because we believe that everyone has the right to be who they are.
- Always treat bullying seriously.

