

If you are:

DO

- ✓ Ask them to STOP if you can
- ✓ 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 friend

✓ TELL SOMEONE



DON'T:

- X Do what they say
- X Get angry and look upset
- X Hit them
- X Think it is your fault
- X Hide it

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

- ✓ Make our school a place where everyone can feel safe and happy.
- ✓ Your teacher will make a record of what has happened and will monitor the situation carefully.
- ✓ We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

What will happen to a bully?

- ✓ Teachers will get involved and help you solve problems.
- ✓ They can talk to the bully and to the bully's parents/carer.
- ✓ They will find out what is happening, and they will act on what is happening.



Choose Respect

Our 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.

Who is involved?



The bully or perpetrator – the person bullying
The victim – the person being bullied
The bystanders – stay silent and let the bullying happening

What does it look like?

All types of bullying are unacceptable.

These can be:

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

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

Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, email, social media and online.

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

Disablist: Saying unkind things about someone's ability and teasing someone because of their disability.

Homophobic: Using 'gay' or 'lesbian' as an insult.

Transphobic: Teasing someone because they don't act like a typical 'boy' or 'girl'.

Xenophobic: Being unkind or isolating someone because of where they come from.

When is it Bullying?

Several
Times
On
Purpose



We promise to always treat bullying seriously!

At Allerton C E Primary we believe everyone has the right to be who they are and feel safe. We believe it is good to be different.



Share our similarities, celebrate our differences.
M. Scott Peck

Who can I tell?

- ✓ A friend
- ✓ Parents or Carers
- ✓ Teachers
- ✓ School Buddies
- ✓ Lunch Time staff
- ✓ Any other adult

Most importantly
If you are being bullied...

Start Telling Other
People

