

If you are bullied:

- ask them to STOP
- use eye contact and tell them to go away
- ignore them
- walk away

Always:

- **Tell Someone**

DON'T:

- do what they say
- hit them
- think it's your fault
- hide it

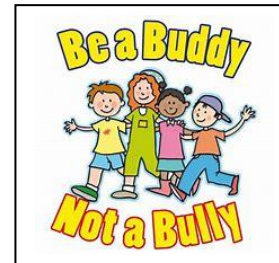
If you see someone else being bullied:

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.

If you are bullying someone, a teacher will:

- talk to you about what you are doing that is bullying
- work with you to stop you doing it again
- help you to say sorry
- tell your parents what has happened
- keep checking in with you to help you with your behaviour

(See our anti-bullying policy for more details)



All the staff and Governors will work together to:

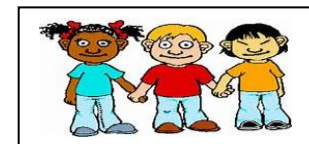
- make our school a place where everyone can feel safe and happy

We believe that everyone has the right to be who they are.

St Mary's CE Primary School



Our Anti-Bullying Policy



What is Bullying?

In our school, bullying is when a person hurts someone else a few times. It might be:



Emotional: Hurting people's feelings, leaving you out, nasty looks



Doing something: Punching, kicking, spitting hitting, pushing



Saying something: Being teased, name calling



Racist: Calling you names because of your skin colour or where you come from



Cyber: saying unkind things by text, e-mail and social networking

When is it bullying?

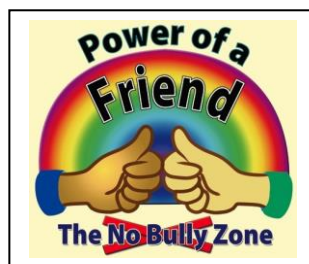
If it is done:

Several

Times

On

Purpose



At our school we will always treat bullying seriously.

Who can I tell?

- A Friend
- Mum/Dad/family
- Your teacher, Headteacher or any grown-ups that work in school

The most important thing is to:

S start
T telling
O other
P people

