

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 and find different friends to play with.
- Find an adult to tell or talk to a friend who can go and speak to an adult for you.



TELL SOMEONE.

DON'T:

- Do what they say.
- Get angry.
- Show you are upset.
- Hit them.
- Think it's your fault.

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent - tell someone or the bullying will keep happening.

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

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

That means no bullying allowed.

- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

Stoughton Infant School



Anti-Bullying Policy



What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Bullying can be.....

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



Physical: Punching, kicking, spitting hitting, pushing.



Verbal: Being teased, name calling.



Written: Letters, notes, graffiti.



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



When is it bullying?

Several

Times

On

Purpose

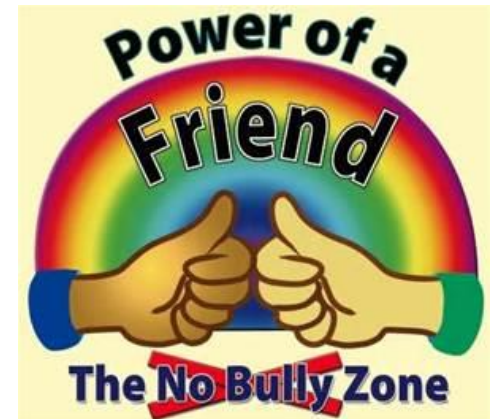


**We promise to always
treat**

bullying seriously.

Who can I tell?

- ✿ A friend
- ✿ School Council
- ✿ Mum or Dad
- ✿ Teachers
- ✿ Teaching Assistants
- ✿ Lunchtime Staff
- ✿ Any other adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!