

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 a safe adult
- Talk to a friend
- If it's cyber bullying, report it and block the person
- TELL SOMEONE



DON'T:

- Do what they say
- Hit them
- Think it's your fault
- Hide it

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

- Tell an adult straight away
- Don't get involved because you may end up getting into trouble yourself
- Don't stay silent or the bullying will keep happening

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

- Make our school a safe place where everybody feels safe and happy
- Help children get along with each other
- Monitor and check in with victims frequently

What will happen to a bully?

We will help bullies change their behaviour by mentoring; mediation; exploring feelings; reflection and reminding bullies of our school values.

Bullies will also have to take responsibility for their actions.



St Martins' School Primary School



Child Friendly Anti-Bullying Policy



What is Bullying?

Bullying is when someone hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



Emotional: This when people's feelings are hurt by other people's choices.

Physical: This when someone uses force to hurt another person by making contact.

Verbal: This is when someone uses words or sounds to insult or control another person.

Cyber: This is when people use social media, gaming platforms, email or other online methods to insult, control or upset another person.

Racist: This is when a person is insulted because of their colour, race or nationality.

Gender based: This is when a person is insulted or discriminated against because of their gender.

Sexual: This is unwanted physical contact or inappropriate touching.

Bullying can happen privately or in front of people who become the 'bystanders.'

When is it bullying?

Several
Times
On
Purpose

**We promise to take all
bullying seriously**

Who can I tell?

A teacher

The Learning Mentor

Any Lunch time staff

A member of staff

A family member

A friend to help you talk to an adult.

Don't forget you can talk to ChildLine anonymously anytime.

