

What to do if you are being bullied...

- Ask them to STOP
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE!



DON'T:

- Do what they say
- Get angry or look upset
- Hit them
- Think it's your fault.

What do you do when you see someone else being bullied?

- Don't walk away and ignore the bullying
- Tell the bully to stop
- Don't stay silent or the bullying will keep happening
- Don't lose your temper
- TELL SOMEONE!

The Head teacher, the Governors, the staff, the School Council and the children will work together to:

- make our school a place where everyone can feel safe and happy;
- make our school a place where no bullying is allowed;
- help everyone to get on with each other and believe that everyone has the right to feel safe and be who they are;
- take any issues seriously and act upon them to make sure we stop any signs that may be the start of bullying.



Wootton Primary School

Anti-bullying leaflet

**School Council
2018-2019**

What is Bullying?

In our school a bully is someone who hurts someone, on several occasions, by deliberately using behaviour which is meant to hurt, frighten or upset another person. Bullying is usually an accumulation of many small incidents and usually has three things in common:

- it is deliberately hurtful or threatening behaviour;
- it is repeated over time and
- it is difficult for those being bullied to defend themselves.

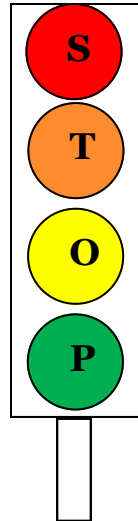


Bullying can be...

- **Emotional:** Hurting people's feelings, leaving you out.
- **Physical:** Punching, kicking, spitting, hitting, pushing, pulling hair, tripping up, theft.
- **Verbal:** Being teased, name calling, being rude.
- **Racist:** Calling you racist names.
- **Cyber:** Saying unkind things by text, email, Facebook or Twitter.
- **Peer on peer:** teasing among children that can be passed off as 'banter'.

When is it bullying?

Bullying is...



Several

Times

On

Purpose



WHO CAN I TELL?

- A friend
- A family member
- School council
- Head Teacher
- Teachers
- Teaching Assistant
- Lunchtime staff
- Any other adult
- Someone that you trust
- Someone who has experienced it before
- Tell the Bully to STOP!

MOST IMPORTANTLY:

If you feel you are being bullied,

START

TELLING

OTHER

PEOPLE