

If you are being bullied
STOP!
Start Telling Other People!



You could tell:

Friends
Teachers or other staff
Ms Joskey
Family
Lunchtime helper
Mrs Allen

You could also:

Walk away or ignore the bully;
Tell them to stop if you can (bullies don't like confident children);
Write a message in the Worry Box;
Find help and advice on our school website www.wringtoncofeprimary.org.

DON'T

- blame yourself
- believe or listen to the bully
- hurt the bully back
- do what a bully tells you to do
- keep it to yourself

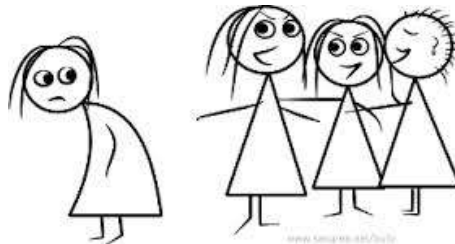


If **you** see someone else being bullied:

Don't walk away and ignore bullying;
Tell the bully to stop if it is safe to do so;
Tell an adult what you have seen.

Remember:

Bullies are usually unhappy people inside who will need help to change.



Wrington Church of England Primary School



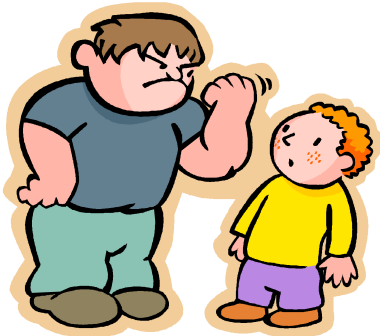
Anti-Bullying

Policy for Children

Say no to Bullying at Wrrington!

What is bullying?

A bully is someone who deliberately and repeatedly hurts someone. They use behaviour which could make someone feel frightened, hurt or upset. A bully tries to have power over the person they are bullying.



Bullying is
Deliberate
Repeated
Unkind
Malicious

Bullying can be...

Physical: kicking, punching, hitting, pushing

Emotional: leaving you out, hurting feelings

Verbal: name calling, being teased

Cyber: sending unkind things by text, email or social media

Racist: using racist comments or name calling

Bullying is not...

- one -off events
- falling out between friends
- when someone loses their temper and lashes out
- when there is equal power between sides
- by accident

We will:

- Help those who are being bullied
- Learn about strategies to be confident
- Be knowledgeable about what bullying is
- Value each other as unique individuals



At Wrrington Church of England Primary School we show respect for others .

We all work together (children, staff, parents and governors) to keep everyone safe and happy without fear of bullying.

