

IF YOU ARE BULLIED

DO:

Ask them to STOP if you can.
Walk away.





If it happens again, or you are too scared to speak openly about it, TELL SOMEONE; Talk to a friend.

DON'T:

Think it's your fault.
Do what they say.
Get angry.
Keep it inside.
Hit them.

ONLINE SAFETY

How to stay safe whilst online:

-  Only use safe websites
-  Never give out your name, address, telephone number or personal information
-  If you ever feel worried or scared tell an adult you trust
-  If you wouldn't share it with family, don't post it.



**STAY SAFE ONLINE TO AVOID
THE CYBER BULLIES.
DON'T BE TOXIC!**

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

Tell an adult straight away.
Don't try and get involved, you might end up getting hurt, or you could end up in trouble yourself.
Don't stay silent, or the bullying will keep happening.

The Headteacher, Governors and staff will work together:

They will make our school a place where everyone can feel safe and happy. That means no bullying is allowed.
They will help everyone to get on with each other and they will promote the belief that everyone has the right to be who they are.
They will identify when it is (serious) bullying.

What will happen to a bully?

Teachers will get involved and help everyone solve the problem or any problems. They can talk to you, your parents, the bully and talk to your friends.



Child Friendly Anti-Bullying Policy



written by
**Parwich Primary
School Council**

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'Together Everyone Achieves More'

What is Bullying?

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



Bullying Can be.....

Emotional:

Hurting people's feelings; leaving you out.

Physical:

Punching, kicking, shoving, spitting, hitting, pushing.

Verbal:

Being teased, name-calling, saying things behind a person's back.

Cyber:

Saying unkind things by text, email, or online.

Racist:

Calling you names because of the colour of your skin or religion.

When is it bullying?

Several

Times

On

Purpose

What can you do?

Talk

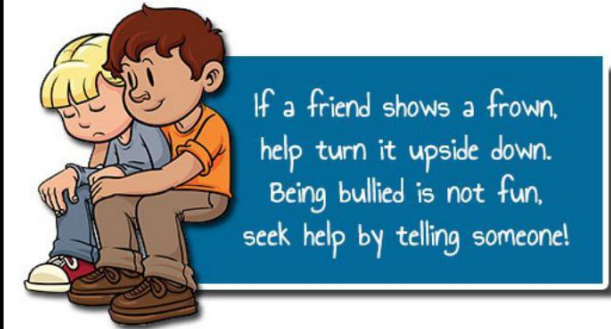
Educate

Listen

Learn

Always remember to tell someone.

We promise to always treat bullying seriously.



Who can I tell?

A Friend

Parents/Carers

Teachers/Staff

Any Other Trusted Adult

People who help us

Sports Leaders

School Council

Playground

Buddy

MOST IMPORTANTLY:

If you are being bullied,

Talk Educate Listen Learn!