

If you are bullied:-

DO:-

- Ask them to STOP.
- Use eye contact and tell them to go away.
- Try to ignore them.
- Just walk away.
- Talk to an Anti-Bullying Ambassador.
- TELL SOMEONE

DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.



FROM THE DIANA AWARD

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 or the bullying will keep on happening.

Shardlow Primary School



Child Friendly 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.....

Indirect: hurting people's feelings or leaving people out.

Physical: punching, kicking, spitting hitting or pushing.

Verbal: Being teased, calling people names.

Racist: calling people racist names

Cyber: saying unkind things by text, e-mail, via computer games and on social media like Whatsapp, Instagram and Snapchat.



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When is it bullying?

Several
Times
On
Purpose



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!

Who can I tell?

A Friend
Family
Teachers
Anti-Bullying Ambassadors
Lunch time Staff
Someone I can trust



Mrs Magner, all the Staff and Governors and the Anti-Bullying Team will work together to:-

- Make our school a place where everyone can feel safe and happy.
- Help everyone to be kind, tolerant and to show empathy to each other.