

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 and find different friends to play with.
- Find an adult to tell or talk to a friend who can go and speak to an adult for you.



TELL SOMEONE.

DON'T:

- Do what they say.
- Get angry.
- Show you are upset.
- Hit them.
- Think it's your fault.

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 - tell someone or the bullying will keep happening.

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

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

Agreed by the School Council Nov 2018

Eastry Church of England Primary School



Our 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.....

Emotional: Hurting people's feelings, leaving you out.



Physical: Punching, kicking, spitting hitting, pushing.



Verbal: Being teased, name calling.



Written: Letters, notes, graffiti.



Cyber: saying unkind things by text, e-mail and on the internet.



When is it bullying?

Several

Times

On

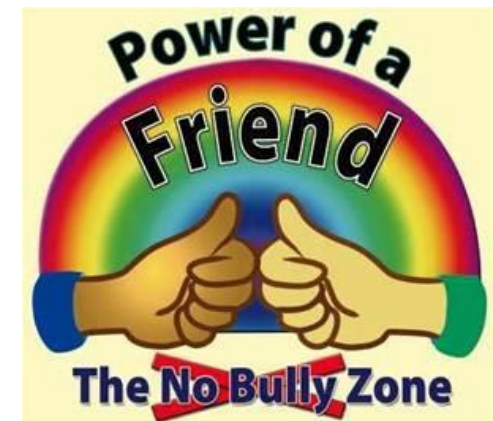
Purpose



We promise to always treat bullying seriously.

Who can I tell?

- ✿ A friend
- ✿ School Council
- ✿ Mum or Dad
- ✿ Teachers
- ✿ Teaching Assistants
- ✿ Lunchtime Staff
- ✿ Any other adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!