

What should I do if I am being bullied?



DO:

- **Ask them to stop if you can**
- **Use eye contact and tell them to go away**
- **Ignore them**
- **Walk away**
- **Talk to a friend or adult**
- **TELL SOMEONE**

DON'T:

- **Do what they say**
- **Get angry**
- **Fight back**
- **Think its your fault**
- **HIDE IT**

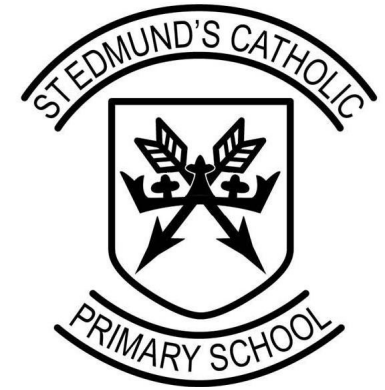
What should I do if I see someone being bullied?

- ♦ Tell an adult straight away
- ♦ Don't get involved – you may end up getting hurt or in trouble yourself.
- ♦ Don't stay silent or the bullying will carry on!

The headteacher, the staff and governors will work together to: make our school a place everyone will feel safe.



**St Edmund's
Catholic
Primary School**



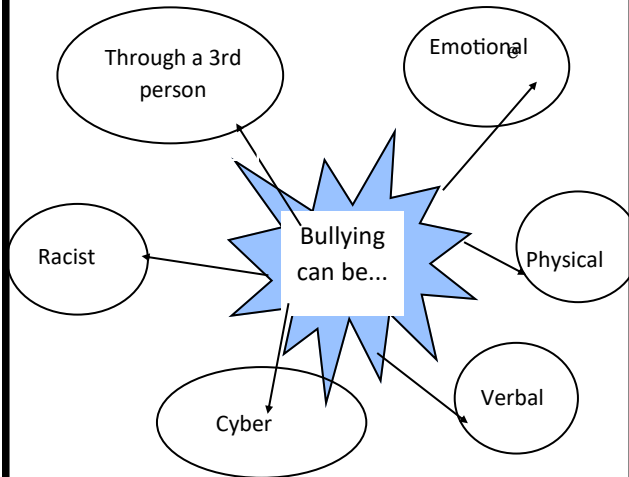
*Child Friendly
Anti-Bullying Policy*

**LEARN, LOVE
AND LIVE
WITH THE
LORD**

November 2021

What is bullying?

A bully is a person who deliberately hurts someone more than once by using behaviour which is meant to hurt, frighten or upset another person.



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

Physical: punching, kicking etc.

Verbal: being teased or name calling

Cyber: saying unkind things by text, email or online

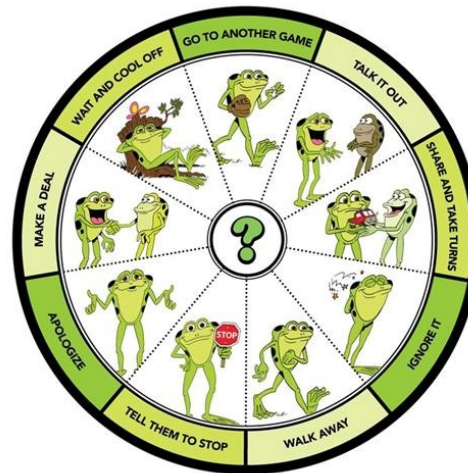
Racist: calling you names due to the colour of your skin.

Through a 3rd person: Sending a friend to you with horrid messages from the bully

When is it bullying?

Remember:

SEVERAL
TIMES
ON
PURPOSE



We promise always to treat bullying seriously.

Who can I tell?

- ◆ Trusted Adult
- ◆ Teachers
- ◆ Parents
- ◆ Carers
- ◆ Friends
- ◆ School buddies
- ◆ Lunch time staff
- ◆ Mrs Tod
- ◆ Childline 0800 1111

Start
Telling
Other
People

