

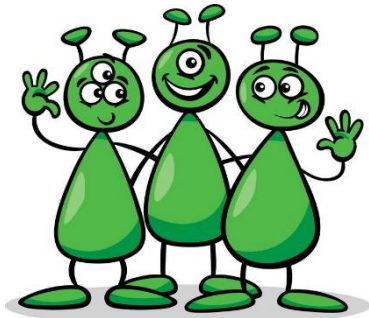


# STOP BULLYING

We have a **ZERO TOLERANCE** attitude to bullying

We want our school to be a place where everyone has the right to be themselves; a place where everyone can feel **SAFE**, be **HAPPY** and **LEARN**.

Everyone at our school is equal and should act with respect and kindness towards each other.



**BULLYING** is when a person is hurtful or unkind to someone else, on purpose and more than once, and where there is a power imbalance (e.g. due to age / size).

It is different from when we argue or fall out with our friends or someone hurts us accidentally.

Bullying can be done by one person or by a group of people and can be towards one person or a group of people.

Most bullying is:

**SEVERAL TIMES ON PURPOSE**



Bullying can be:

**EMOTIONAL** – hurting feelings, leaving someone out, gossiping

**PHYSICAL** – punching, kicking, pushing, damaging belongings

**VERBAL** – name calling, teasing, offensive remarks

**CYBER** – using text, email, social media or online gaming

**PREJUDICED** – about someone's race, religion, gender, relationships, special needs or disability



## WHAT CAN I DO IF I AM BEING BULLIED?

- ✓ Tell them to STOP – use eye contact
- ✓ Ignore them and walk away
- ✓ TELL AN ADULT (or friend)



## DO NOT...

- Do what they say
- Get angry or try to hurt them
- Think it is your fault
- Hide it or keep quiet

## WHO CAN I TELL...

Parent / carer / relative / teacher / midday / trusted adult / friend

## Start Telling Other People

## WHAT DO I DO IF I THINK SOMEONE IS BEING BULLIED?

- Tell an adult
- Comfort and reassure the victim



## WHAT WILL HAPPEN NEXT?

- The teacher will investigate what has happened fully
- They will remind everyone that bullying is not acceptable and must stop immediately
- They will report it to Mrs Jackson or Mrs Richardson, who will speak to the parent/s
- A suitable consequence will be agreed
- Staff will monitor the situation carefully