

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
- Talk to a safe adult
- Talk to a friend
- If it's cyber bullying, report it and block the person
- TELL SOMEONE



**DON'T:**

- Do what they say
- Hit them
- Think it's your fault
- Hide it

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

- Tell an adult straight away
- Don't get involved because you may end up getting into trouble yourself
- Don't stay silent or the bullying will keep happening

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

- Make our school a safe place where everybody feels safe and happy
- Help children get along with each other
- Monitor and check in with victims frequently

What will happen to a bully?

We will help bullies change their behaviour by mentoring; mediation; exploring feelings; reflection and reminding bullies of our school values.

Bullies will also have to take responsibility for their actions.



# Worle Village Primary School



## Child Friendly Anti-Bullying Policy



### What is Bullying?

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



**Emotional:** This when people's feelings are hurt by other people's choices.

**Physical:** This when someone uses force to hurt another person by making contact.

**Verbal:** This is when someone uses words or sounds to insult or control another person.

**Cyber:** This is when people use social media, gaming platforms, email or other online methods to insult, control or upset another person.

**Racist:** This is when a person is insulted because of their colour, race or nationality.

**Gender based:** This is when a person is insulted or discriminated against because of their gender.

**Sexual:** This is unwanted physical contact or inappropriate touching.

Bullying can happen privately or in front of people who become the 'bystanders.'

### When is it bullying?

Several  
Times  
On  
Purpose

**We promise to take all  
bullying seriously**

### Who can I tell?

A teacher

The Learning Mentor

Any Lunch time staff

A member of staff

A family member

A friend to help you talk to an adult.

Don't forget you can talk to ChildLine anonymously anytime.

