

### **What to do if you are being bullied...**

- Ask them to STOP
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Tell the bully how it makes you feel
- Get help - TELL SOMEONE!



### **DON'T:**

- Do what they say
- Get angry or look upset
- Hit them or react
- Think it's your fault
- Keep it a secret
- Delete the evidence if it happens online
- Do to them what they are doing to you - two wrongs don't make a right!

### **What do you do when you see someone else being bullied?**

- Don't walk away and ignore the bullying - don't watch and not do anything
- Tell the bully to stop
- Don't stay silent or the bullying will keep happening
- Don't lose your temper
- Look after the person being bullied
- TELL SOMEONE!

**The Headteacher, the Governors, the staff, the School Council and the children will work together to:**

- make our school a place where everyone can feel safe and happy;
- make our school a place where no bullying is allowed;
- help everyone to get on with each other and believe that everyone has the right to feel safe and be who they are;
- Make sure everyone follows the school rules;
- take any issues seriously and act upon them to make sure we stop any signs that may be the start of bullying.



# **Wootton Primary**

## **Anti-bullying leaflet**

## **School Council 2021-2022**

## What is Bullying?

In our school a bully is someone who hurts someone, on several occasions, by deliberately using behaviour which is meant to hurt, frighten or upset another person. Bullying is usually the repetition of many small incidents and usually has three things in common:

- it is deliberately hurtful or threatening behaviour;
- it is repeated over time and
- it is difficult for those being bullied to defend themselves.

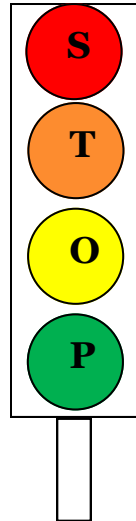


### Bullying can be...

- **Emotional:** Hurting people's feelings, leaving you out.
- **Physical:** Punching, kicking, spitting, hitting, pushing, pulling hair, tripping up, theft.
- **Verbal:** Being teased, name calling, being rude.
- **Racist:** Calling you racist names.
- **Cyber:** Saying unkind things by text, email, or on social media.
- **Peer on peer:** teasing among children that can be passed off as 'banter'.

## When is it bullying?

### Bullying is...



**Several**

**Times**

**On**

**Purpose**



## WHO CAN I TELL?

- A friend
- A family member
- School council
- Headteacher
- Teachers
- Teaching Assistant
- Any other adult
- Someone that you trust
- Someone who has experienced it before
- Tell the Bully to STOP!

**MOST IMPORTANTLY:**

If you feel you are being bullied,

START

TELLING

OTHER

PEOPLE