

If you are bullied:

Do:

Ask them to STOP.

- Ignore them.
- Find a Midday assistant, teacher or another adult.
- Walk away.
- Tell your mum or dad or whoever looks after you.

YOU MUST TELL SOMEONE!!



DON'T

- Do what they say.
- Get angry or look upset.
- 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 try and get involved - you might end up getting hurt or you could end up in 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 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.

Thistly Meadow Child Friendly Anti-Bullying Policy



What is Bullying?

Bullying is a behaviour that can hurt you on the inside or on the outside and is repeated over time. It hurts you on the outside by hitting you and hurting you physically. It hurts you on the inside by name calling or saying things that are not nice knowing they will hurt your feelings.



Bullying can be...

Emotional: Hurting people's feelings, leaving you out or saying nasty things.

Physical: Punching, kicking, spitting, hitting or pushing. Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, email, chat rooms or online.

Racist: Calling you names because

of the colour of your skin or because of your religion.

Homophobic bullying: when someone treats you badly because of your sexual orientation. It can include treating you badly or hurting you on purpose.



Bullying is done on purpose, it's not an accident. If someone hurts you during a game by accident that is not bullying, but if every time you played a game they hurt you, or your feelings that would be bullying. Don't ever think you're alone; tell your teacher if someone is making you feel sad. Remember even if it happening outside school you can still tell your teacher or any other adult in school.
SPEAK OUT!!

Who Can I Tell?

Friends



Parents



Lunch time Staff



Teachers



Other School Adults

