

## If you are being bullied...



### DO:

- Use eye contact and ask them to stop and leave you alone
- Walk away and ignore them
- Tell a grown up that you trust
- Be clear about what happened – who, what, when, where, how often



### DON'T:

- Do what they say
- Get angry
- Hit them
- Be a bully back

## What should I do if I see someone being bullied?

- Don't walk away and ignore the bullying
- Tell the bully to stop – if it is safe to do so
- Tell a grown up that you trust

### In school, we all work together to...

- Make our school a safe, happy place
- Follow our rules – Ready, Respectful, Safe
- Make sure any bullying is STOPPED
- Help everyone to get on well with each other
- Promote kindness
- Celebrate our differences



Firfield Primary School

## child-friendly anti-bullying policy



Learn Together



Grow Together



Achieve Together



## What is bullying?

Bullying is deliberate, repeated behaviour that hurts someone physically or emotionally. It can take place over a long or short periods of time.

There are different kinds of bullying...

### Verbal

Name-calling, sarcasm, spreading rumours, teasing, mocking, swearing.

### Emotional

Being unfriendly, excluding, tormenting, spreading hurtful rumours, being forced to do things against own will, taking belongings.

### Physical

Pushing, kicking, hitting, punching or any use of violence.

### Cyber

Offensive text messaging, sexting, e-mailing, postings on social media and sending degrading or offensive images.



## When is it bullying?

Bullying is when someone hurts you...



Remember, do not blame yourself. It is NOT your fault!! Always be proud of who you are!

## What will happen to the bully?

Bullying is not tolerated at Firfield Primary School, and it is taken very seriously.

Teachers will get involved and help to solve the problem.

They will work together with the bully and their family to stop it from happening again in the future.

## Who can I tell?



Any grown up that you trust. This could be...

- Teacher
- Teaching Assistant
- Midday Supervisor
- Office staff
- Parent/carer

**STOP**  
**BULLYING**  
STAND UP. SPEAK OUT.