

## Who can I talk to?

Tell a trusted adult.

- ◆ Parents/carers.
- ◆ A friend.
- ◆ Teachers.
- ◆ Lunch time staff.
- ◆ A family member
- ◆ Police officer
- ◆ A sports coach
- ◆ Any other trusted adult.
- ◆



## How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- ◆ Making sure we keep to the rules in this guide.
- ◆ Helping others when they are in need.
- ◆ Being kind, friendly and respectful to others.
- ◆ Thinking about people's feelings before we say or do something.
- ◆ Be an upstander and speak out!



# Danson Primary School



Child friendly

## Anti-Bullying Policy



Danson is a place where everyone has the right to be themselves. It is a place where everyone can feel safe, be happy and learn. Everyone at our school treats each other with respect and kindness.

## What is bullying?



- ◆ Bullying is **intentional** (not an accident). A bully hurts someone on purpose.
- ◆ Bullying is **repetitive**. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- ◆ Bullying can be by one person or a by a group of people.

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

## Types of bullying



Bullying Can be.....



- ◆ Emotional: Hurting people's feelings, leaving you out, gossiping.
- ◆ Physical: Punching, kicking, pushing, damaging their belongings.
- ◆ Verbal: Name calling, teasing, offensive remarks.
- ◆ Cyber: Saying unkind things by text, e mail or social media.
- ◆ Prejudice: Racial, religious belief, gender, sexuality, special educational need or disability.

## What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

**STOP!**



You can also:

- ◆ Make eye contact and tell the bully to leave you alone.
- ◆ Ignore the bully and walk away.
- ◆ Tell a grown-up, such as your parent, carer or teacher.

You should try not to:

- ◆ Do what the bully says.
- ◆ Let what the bully says or does upset you.
- ◆ Get angry or hit them.

Always remember that if you are being bullied, it is not your fault and you are never alone.

You shouldn't be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop.

## What should I do if I see someone else 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.