

## 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.**
- **Use the classroom 'I've got something to tell you' box if you are too scared to speak openly about it.**
- **Talk to a friend.**
- **Speak to our Anti-Bullying Ambassadors**



### 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.

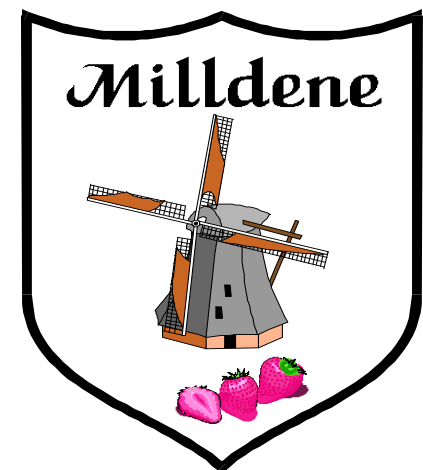
### What will happen to a bully?

Teachers will get involved and help you solve problems. They can talk to your parents and talk to your friends.

## Milldene Primary School

### Child Friendly Anti-Bullying Policy

Living and Learning Together



## What is bullying?

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



**Emotional:** Hurting people's feelings, leaving you out.

**Physical:** Punching, kicking, spitting, hitting, pushing.

**Cyber:** Saying unkind things by text, email and online.

**Differences:** Calling you names because of your differences.

## When is it bullying?

**Several**

**Times**

**On**

**Purpose**



**We promise to always treat bullying seriously.**



## Who Can I tell?

- Anti-Bullying Ambassadors
- A Friend
- Parents/Carers
- Teachers
- Play Leaders
- Lunch time Staff
- Any Other Adult

**MOST IMPORTANTLY:-**

**If you are being bullied:**

**Start Telling Other People!**

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