

## If you are bullied:

### DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Walk away.
- Use the classroom worry box if you are too scared to speak
- openly about it.
- Talk to a friend.
- Tell a trusted adult —

**Speak out and stay safe!**



### DON'T:

- Do what they say.
- Retaliate
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

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

- Get involved by telling an adult straight away.
- Don't confront the person who is bullying— you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening—call for help

## The Head, Governors and 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.
- Make sure everyone has less worries to carry around

## What will happen to a bully?

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



## Steam Mills Primary School

## Pupils' Anti-Bullying Policy 2022-23



UNICEF ROC Article 19 -

**You have the right to be protected from being hurt and mistreated, in body and mind**

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## 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.

**Verbal:** being teased, name calling.

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

**Racist:** calling you names because of the colour of your skin or your cultural differences

## WHEN IS IT BULLYING?

S T O P

Several

Times

On

Purpose



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

## Who can I tell?

A friend, parent, carer. teacher or member of staff, any other trusted adult

MOST IMPORTANTLY

S T O P

Start

Telling

Other

People