

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.
- Talk to a friend.
- Try and look after yourself.
- **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 of School, 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. Bullies will be sanctioned alongside the school behaviour policy.

Stand up to bullying!

East Hoathly Primary School and Nursery



Child Friendly Anti-Bullying Policy



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.



Bullying can be.....

Emotional: being intentionally unfriendly, excluding, tormenting looks, spreading rumours.

Physical: hitting, kicking, taking or hiding belongings

Verbal: name calling, teasing, insulting, over speaking, writing or sending unkind notes or messages, including racism

Online: email and internet chat room misuse, mobile phone threats by text, calls, social websites.

When is it Bullying?

Several

Times

On

Purpose

We promise to always take bullying seriously.



Who can I tell?

A Friend

Parents/Carers

Teachers

School Buddies

Lunch time Staff

Reverend Phil

Any Other Adult

Childline 0800 1111

MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!