

If you are being bullied:

DO:

- Ask them to **STOP** if you can
- Ignore them
- Walk away
- Talk to a friend
- TELL SOMEONE



DON'T

- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Hide it
- Keep secrets

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

- Tell an adult straight away
- Don't try to 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 Headteacher, Staff and Rivers Trust 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 along – **polite** and **respectful**
- We believe that everyone has the right to be who they are – **individual** and **unique**

What will happen to a bully?

- Adults will get involved and help you solve the problems. They can talk to you, your friends and your parents to find solutions.

Burlish Park Primary School



Children's Anti-Bullying Leaflet

What is Bullying?

Bullying is not a one-off incident of name calling, falling out, arguing or fighting.

A bully is someone who intentionally hurts another person on purpose by using behaviours which are meant to frighten or upset.



Emotional: hurting people's feelings, leaving them out, spreading rumours

Physical: hitting, punching, kicking, spitting, pushing, stealing

Verbal: teasing, name calling, threats, saying nasty things

Cyber: using the internet, mobile phones, gaming devices

Racist: Calling you names because of the colour of your skin or because of your religious beliefs

When is it Bullying?

SEVERAL

TIMES

ON

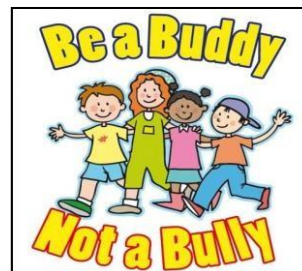
PURPOSE



Bullying is conscious, deliberate and calculated. It is usually repeated over a period of time. The behaviour is repeated frequently and is not a one off incident.

To tackle any cases of bullying, parents and schools need to work in close partnership.

We promise to always treat bullying seriously.



Who Can I Tell?



START

TELLING

OTHER

PEOPLE

- A Friend**
- Parents/Carers**
- Any adult in school**

MOST IMPORTANTLY

If you think you are being bullied

Start Telling Other People