



Child-friendly Anti-bullying Policy



WHAT IS BULLYING?

Bullying is when someone hurts, frightens, or upsets someone else on purpose.

Bullying is NOT:

- Accidents
- Falling out with friends
- Something that happens only once



BULLYING CAN BE:

VERBAL - name calling or saying unkind things about someone's looks, race, their family, their religion.

EMOTIONAL - hurting someone's feelings by leaving them out or ignoring them.

PHYSICAL - pushing and kicking or taking something belonging to someone else

CYBER - saying unkind or hurtful things on social media, the internet or on text messages.

WHEN IS IT BULLYING?

Several
Times
On
Purpose

WHAT TO DO....



If you are being bullied:

- Remember - IT IS NOT YOUR FAULT
- Tell an adult straight away
- Just walk away and stay calm
- DO NOT get angry and fight back

If you see someone else being bullied, tell an adult immediately.

Adults will:

- Listen to you
- Talk to everyone involved
- Help to find a solution
- Support anyone who has been affected

Helping Hand

Use your Helping Hand and talk to someone you can trust.
Who are your 5 people?



Start
Telling
Other
People

Stand up, stand strong, stand together

