**What is Bullying?**

At St Paul’s we think bullying is when someone often hurts someone else, by using behaviour which is meant to frighten or upset.

**Bullying can be....**

**Emotional:** Hurting people’s feelings, leaving people out.

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

**Verbal:** Teasing and name calling.

**Racist:** Graffiti, calling racist names.

**Cyber:** Saying unkind things by text, e-mail, Facebook or online (on the Internet).

 

**When is it Bullying?**

Bullying usually happens when somebody else is different from you or is jealous.

 

St Paul’s

Primary School



Child Friendly

Anti-Bullying Policy

June 2021

**What should I do if I am bullied?**

**DO:**

* Ask them to STOP if you can
* Use eye contact and tell them to go away
* Ignore them
* Walk away
* **TELL SOMEONE**

 **Don’t:**

* Do what they say
* Get angry or upset
* Hit them
* Think it’s your fault
* Keep it to yourself
* Take it personally

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

* If it is safe, go up to the bully and tell them to STOP
* Tell an adult
* Don’t act like nothing is happening. Take action.



**Who can I Tell?**

* Friend
* Your class teacher
* Mum or Dad
* Head teacher
* Deputy Headteacher
* M.D.S.A
* ‘Time to Talk’ counsellor
* Any other trusted adult

We want our school to be a place where everyone can feel safe and happy.

**No Bullying Allowed**