**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).

[](http://www.google.co.uk/imgres?imgurl=http://www.gloucestershire.police.uk/sei/s/1976/5.gif&imgrefurl=http://www.gloucestershire.police.uk/kids_aware/5.html&usg=__GQ4MIhXFl-OjAd87DiYyWugghXs=&h=328&w=350&sz=22&hl=en&start=1&zoom=1&tbnid=w3o1NcwvRa9-zM:&tbnh=112&tbnw=120&ei=BFwqT_mqGZChOpPX_ZAO&prev=/search?q=bullying&hl=en&gbv=2&tbm=isch&itbs=1)

**When is it Bullying?**

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

[](http://www.google.co.uk/imgres?imgurl=http://www.bullybusters.org.uk/images/update_images/fight.jpg&imgrefurl=http://www.bullybusters.org.uk/kids/types_of_bullying/&usg=__snSaxOrNmNAI3MmNfmj9XD_MP7E=&h=270&w=270&sz=69&hl=en&start=10&zoom=1&tbnid=OtDhRakSx1-02M:&tbnh=113&tbnw=113&ei=p2AqT7f0DM-eOouZ2fwN&prev=/search?q=bullying+pictures&hl=en&sa=N&gbv=2&tbm=isch&itbs=1)

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.

[](http://www.google.co.uk/imgres?imgurl=http://mormonman.edublogs.org/files/2011/04/anti-bullying_blog-1r5ae4w.jpg&imgrefurl=http://mormonman.edublogs.org/&usg=__Cs_wAYEuCczZOHvGUs8QTiDpH9w=&h=383&w=425&sz=27&hl=en&start=12&zoom=1&tbnid=mVbckn-TllqtDM:&tbnh=114&tbnw=126&ei=13kqT--PKJCaOp-1gIcO&prev=/search?q=bullying+pictures&hl=en&gbv=2&tbm=isch&itbs=1)

**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**