

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 September 2018

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
- Fiona at 'Time to Talk'
- Any other adult

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

No Bullying Allowed