

What should I do if I am being bullied?

Start Telling Other People

DO:

- Ask them to STOP, if you can
- Use eye contact and tell them to go away
- Ignore them and walk away
- Act as though you do not care what they say or do
- Tell a friend and they will comfort you
- Tell an adult and get help straight away
- Remember it is NOT your fault

DO NOT:

- Get angry or fight back - try not to react
- Hit them
- Think it is your fault
- Say unkind things back
- Hide it or keep it to yourself
- Do as the bully says

We created a poem so that you can be an anti-bullying buddy

Always tell someone

Never respond to cyber bullying

Teachers are helpful

It can be life changing

Be a responsible citizen

Understand the situation

Love will stop the bullies

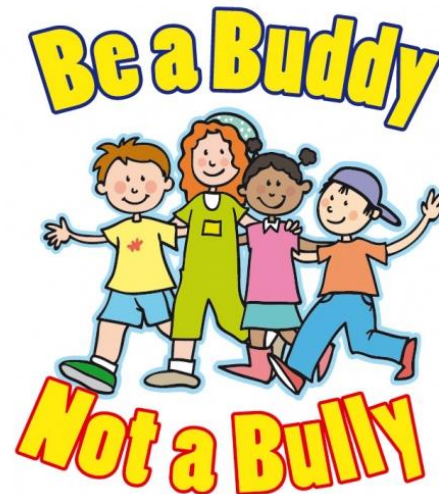
Learn from our mistakes

You can make a difference

It is your right to be heard

Never keep it to yourself

Go be a buddy not a bully!



Our Lady's Catholic Primary School Child Friendly Anti-Bullying Policy



BE A BUDDY, NOT
A BULLY!

Created By Year 4



What is Bullying?

Bullying is the repetition of mean or harmful acts, by using words or behaviour which is meant to make others upset or frightened. Bullying is not acceptable and should be stopped.

Different types of bullying:

- Emotional Bullying - This is when you hurt people's feelings, leave you out of games and conversations, getting others to be mean to you or being bossed about.
- Physical Bullying - This is when you purposefully punch, kick, bite, spit, hit or push others and as a result they get hurt.
- Verbal Bullying - This is when you words to hurt others. This can include: teasing, gossiping, name calling or rude comments.
- Cyber Bullying - This is when you bullying others whilst online on various social media websites. You can send horrible emails or texts.

- Racism - This is when you someone makes fun or nasty comments because of the colour of your skin, how you look, your religious beliefs or culture. This is a form of discrimination.

Bullying is not:

- A 'fall out' with a friend
- An accident at playtimes or lunchtimes
- Something that happens only once
- A one off physical act of aggression e.g. pushing someone

Who can I tell when I need a Helping Hand?



We will always treat bullying seriously.

We take bullying very seriously and will try to solve the issue quickly. We will talk to everyone involved and investigate ongoing incidents. We will tell the bully that they MUST stop being unkind. Immediately. We will give out warnings or sanctions and will talk to parents. Hopefully the bully will realise that their behaviour was wrong and that they will behave more kindly in the future so that everyone can feel safe and happy whilst a school. We will continue to monitor the situation.

To deal with bullying we will help everyone to: get on with each other, show respect and understand each other and believe that everyone has the right to be who they are. We all need to STOP bullying!

Speak **T**o **O**ther
People