



Child Friendly Anti - Bullying

What is bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words that are meant to frighten or hurt that person.

Bullying can be:

Emotional: Hurting someone's feelings, leaving them out on purpose

Physical: Punching, kicking or hitting, inappropriate touch

Verbal: Being called names, being teased

Written: Letters, notes

Cyber: Sending unkind words or messages by text, social media, email or by the internet

Racist: Calling you names because of the colour of your skin or because of your religion

If you are being bullied:

DO:

Ask them to stop, if you can.

Use eye contact and tell them to go away.

Ignore them.

Walk away.

Tell a grown up (or ask your friends to tell a grown up and bring them to you).

Remember it is **NOT** your fault.

Be brave and **TELL SOMEONE**.

If you are being bullied:

DON'T:

Do what they tell you to do.

Get angry or upset.

Retaliate/Get them back.

Think it is your fault.

Hide it.

Think that it is wrong to tell an adult.

What should I do if I see someone being bullied?

Don't walk away and ignore the bullying (even if it your friend who is the bully).

Tell the bully to stop if it is safe to do so.

At Summerhill Infant School, we will all work together to:

- Make our school a place where everyone feels safe and happy. That means no bullying allowed.
 - We will help everyone to get on with each other.
 - To show that everyone has the right to be who they are.
- Record all incidents of bullying, making sure everyone is listened to.