

## What should I do if I think I'm being bullied?

### Start **T**elling **O**ther **P**eople

#### DO:

- **Minimise** contact and ask them to go away, talk to you alone, or ignore them and ask them to STOP if you can.
- Act as though you don't care what they say or do.
- Talk to a friend, an adult or someone at home about what is happening.
- Tell someone and get help straight away.
- Remember it is NOT your fault.

#### DON'T:

- Get angry or fight back – try not to react.
- Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says.

## What should I do if I think someone else is being bullied?

Say "NO!" to bullying!



- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or you could end up in trouble yourself.
- Tell an adult straight away. Don't stay silent or the bullying will keep happening.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

Several Times On Purpose



## Child-Friendly Anti-Bullying Policy 2025-2026



We will all work

together to **S.T.O.P.**  
bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

**To deal with bullying, we will help everyone:**

- To get on well together.
- To believe that everyone has the right to be who they are.
- To act and understand each other through our Christian Values of:

**Respect Perseverance**

**Friendship**  
**Responsibility Trust**

## What is bullying?

In our school, a bully is someone who deliberately hurts someone more than once, by using words or behaviour which is meant to frighten, upset or

**Emotional:** Hurting people's feelings, leaving you out, being bossed about.

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

**Through a 3rd person:** Sending a friend with nasty messages.

**Verbal:** Being teased, name calling, rude comments.

**Racist:** Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.

**Written:** Receiving nasty notes or messages

**Cyber:** Saying unkind things by texts, e-mail or online.

### Bullying is not:

- A single or ongoing 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- 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 will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or sanctions (punishments) and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so that you can feel safe and happy in school. Your teacher will check with you that things have been ok.