

If you are bullied:-

DO...

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away
- Talk to any grown up.
- Talk to a Playground Pal.
- Tell your friends.
- TELL ANYONE THAT YOU TRUST!



DON'T...

- Don't do what they say.
- Don't get angry or look upset.
- Don't hit them.
- Don't think it is your fault.

What should I do if I see someone else being bullied?

DO...

- Tell a trusted adult what you have seen.
- Tell the bully to stop, if it is safe to do so.

DON'T...

- Don't walk away and ignore the bullying.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors, the staff and the children of St. John's will work together to:-

- Make our school a place where everyone can feel safe. That means no bullying allowed!
- We will help everyone to get on with each other.

St John's CE Primary School



Our Anti-Bullying Policy

2022-2023

Written by Mrs Girling with the help of the children
from St John's CE Primary School

What is bullying?

In our school, a bully is someone who hurts someone more than once by using behaviour which is meant to hurt, frighten or upset another person.



Bullying can be...

Emotional: Hurting people's feelings, leaving you out.

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

Verbal: Being teased, name calling.

Racist: Calling you racist names.

Cyber: Saying unkind things by text, e-mail and social networking.

When is it bullying?

Several

Times

On

Purpose



Who can I tell?

A friend

Mum/Dad

Teachers

Playground Pal

School friends

Dinner lady

Any trusted adult

Remember to:



