

If you are bullied: - I

DO



- Ask them to stop if you are able to.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the classroom worry box or worry monster if you are too frightened to speak openly about it.
- Talk to a friend.
- TELL SOMEONE and get help straight away.

DON'T



- Get angry or be unkind back to them.
- Hit them or hurt them.
- Think it's your fault.
- Hide it from people.



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

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep on happening.

All members of staff will work together to: -

- Make our school a place where everyone can feel safe and happy. That means that no bullying is allowed.
- To help everyone to get on with each other as we believe that everyone has the right to be who they are.

REMEMBER! That to have something done about it - someone must know that it is happening.

Eyrescroft Primary School



Child Friendly Anti-Bullying Leaflet

What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated several times on purpose.

Bullying is NOT

- Accidents
- Falling out with friends.
- Something which only happens one time.
- Fighting.

Bullying can be...

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

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

Verbal: Being teased, name calling, 'banter'.

Cyber: Saying or doing mean things online.

Racist: Calling you names because of the colour of your skin.

Through a third person: Sending someone else to deliver an unkind message.

When is it Bullying?

Several
Times
On
Purpose

We promise to
always take bullying
seriously.

When does it happen?

Bullying usually happens when somebody else is different to you or jealous of you.

Signs To Help

Look out for our helpful signs around school to help you know what to do about Bullying.

Who Can I Tell?



MOST IMPORTANTLY:-

If you are being bullied, you MUST

Start
Telling
Other
People

