

## Child friendly -Anti-Bullying Policy

### 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 frequently.



### Several Times On Purpose

#### Bullying can be.....

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

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

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

**Cyber:** saying unkind things by text, email and online.

**Racist:** calling you names because of the colour of your skin.

#### Who can I tell?

- A friend
- Parents and your family
- Teachers
- Adults who help you in your classroom
  - Lunch time staff
  - Any adult in school

**If you're being bullied**

**Start Telling Other People**

### If you're being bullied:

#### DO

- Ask them to STOP if you can
  - Walk away
  - Use Tootoot
  - TELL someone

#### Don't

- Do what they say
- Get angry
- Hurt them back
- Keep it a secret
- Think it is your fault

**tootoot))**

