If YOU are bullied

DO:

✅ Look them in the eye and ask them to stop if you can

✅ Walk away and go to a friend or an adult

✅ TELL AN ADULT STRAIGHT AWAY

DON'T:

❌ Do what they say

❌ Think it's your fault

❌ Hit them

❌ Call them names

❌ Hide it from adults or your friends

What should I do if I see someone being bullied?

🌈 Don't be a bystander - TELL an adult

🌈 Support the person if it is safe to do so

🌈 Stay calm and don't get involved in hurting or name-calling as you might get into trouble yourself

What will happen?

🌈 Miss Ball, the governors, the parents and all the adults in school will work together

🌈 They will make sure any bullying behaviour is understood and STOPPED

🌈 They will make sure that everyone's differences are accepted and all voices heard

🌈 They will make sure everyone feels safe and happy

🌈 They will check in on the situation regularly to make sure everyone is ok

BROOKDALE
BPS
PRIMARY SCHOOL

Child Friendly Anti-Bullying Policy

2021-22

What is bullying?

A bully is someone who behaves in a way that is meant to upset, hurt or frighten someone else. It is bullying when it happens MORE THAN ONCE.

Bullying is NOT…

- ✓ Accidents
- ✓ Arguments
- ✓ Fighting
- ✓ Only happens one time

Bullying can be…

Emotional: hurting feelings, leaving people out, teasing

Verbal: swearing, teasing, name-calling, rumours

Physical: punching kicking, hitting, spitting, pushing, 'pranking', mimicking

Cyber: online messages, videos, social media

Because of difference: appearance, race, disability, gender, sexual orientation, family, mental health

Through a third person: getting other people to do or say unkind things

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When is it bullying?

Several **T**imes **O**n **P**urpose

When does it happen?

A bully is usually someone who is:

⇒ Is worried or unhappy about something

⇒ Feels bad about themselves

⇒ Is jealous

⇒ Feels lonely

⇒ Needs help

⇒ Being / has been bullied by someone else

Who can I tell?

- ✓ Your grown up
- ✓ Teachers
- ✓ Miss Ball
- ✓ Lunch time staff
- ✓ Acorns Staff
- ✓ Office Staff
- ✓ Ambassadors
- ✓ School Council
- ✓ Friends
- ✓ ANY trusted adult

MOST IMPORTANTLY:

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

Several
Times
On
Purpose

Start
Telling
Other
People