

What is bullying?

A bully is someone who hurts someone else **continually** by using behaviour which is meant to hurt, frighten or upset another person.

Bullying is NOT...

- Accidents
- Fighting
- Falling out with friends

- **On one occasion**

Bullying can be

Verbal: Name calling

Emotional: Hurting people's feelings

Racist: Calling you names because you are different

Physical: Pushing and kicking.

Cyber: Saying unkind things on social media.

IF YOU ARE BEING BULLIED:

DO:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a friend.
- Get help.
- **TELL SOMEONE.**

DON'T:

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- **HIDE IT.**

We
Stand up against
bullying



stand UP for
WHAT IS RIGHT!



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

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

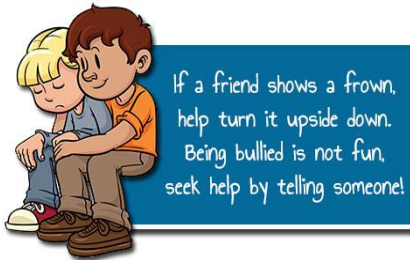
Who can I tell?

- A friend
- Parents/Carers
- Teachers
- Lunchtime Supervisors
- Any other adult

MOST IMPORTANTLY

If you are being bullied:

START TELLING OTHER PEOPLE



If a friend shows a frown,
help turn it upside down.
Being bullied is not fun,
seek help by telling someone!

Bullying happens...

Several

Times

On

Purpose

What to do

Start

Telling

Other

People

Together we can **STOP** it!

What will happen to a bully?

Everyone is expected to follow our school charter. If this is broken then some of the following will happen: a verbal warning, stay indoors during breaks, a two-week observation, Parents, Key Stage Leader, Vice Principal and Principal informed.

Everyone at St Michael's will work together to:

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get along with each other because we believe that everyone has the right to be who they are.
- Always treat bullying seriously.

Our Principal, Governors and staff work together to:

- Make sure our school is a place where everyone can feel safe and happy.
- Help everyone to respect, trust and care for each other.

St Michael's Primary School Anti-Bullying Policy



At St Michael's we learn, grow and look after each other as part of God's family

Respect Trust Care

Courage Courtesy Concern