

Crockerne Church of England Primary School



My Anti- Bullying Guide



What is Bullying?

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

Cyber Emotional
BULLYING
Verbal
Physical Racist

Bullying can be...

- *Verbal: being teased, being called mean names, being threatened.
- *Physical: being punched, kicked, hit, pushed.
- Emotional: having your feelings hurt, being left out, being bossed about.
- *Racist: saying mean things about your race, being called names.
- *Cyber: being sent mean messages by text message, email or on the internet.
- *Sexist: saying rude comments to you about being a boy or a girl.
- *Homophobic: Calling you gay or lesbian in a nasty way.
- *Through a third person: other people sending you horrible messages.

When is it bullying?

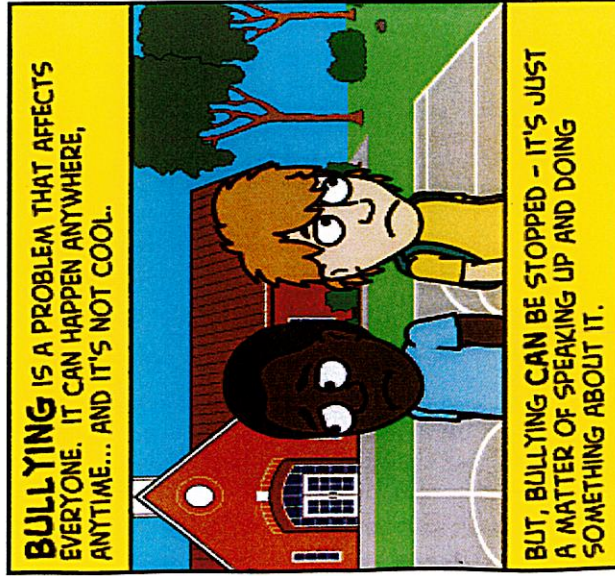
Several
Times
On
Purpose



**At Crockerne we
promise to always
treat bullying
seriously.**

Who can I tell?

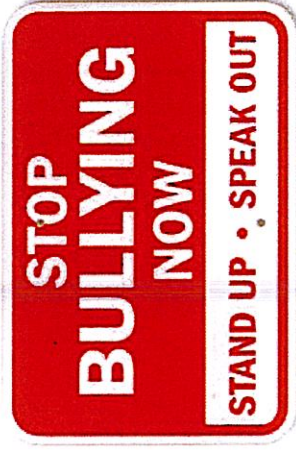
A friend; someone in your family; teachers; teaching assistants; Mrs Slatter; Mrs Bray; Lunch Time Staff; Any grown up that works in school.



MOST IMPORTANTLY: -

If you are being bullied:

Start Telling Other People!



If you are bullied: -

You could: -

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.

DON'T: -

- Do what they say.
- Get angry or look upset.
- Hit them or retaliate.
- Think it's your fault.
- Hide it.
- Stay silent.

ALWAYS

TELL

SOMEONE!

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

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.
- Tell an adult if someone has told you that they are being bullied.

**TELL SOMEONE
STAND UP AND SPEAK OUT!**

**At Crockerne all staff,
Governors, the school council
and the children will work
together to: -**

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