

If you are being bullied

DO:

- Stand up for yourself.
- Tell an adult.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault.

DON'T:

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.
- Keep it a secret.

If you see someone else being bullied.

DO:

- Tell an adult.
- Tell the bully to **S.T.O.P.** if it is safe to do so.

DON'T:

- Don't walk away and ignore the bullying.
- Don't stay silent or the bullying will keep happening.



**St Cuthbert Mayne
Catholic Primary
School**

**Child Friendly
Anti-bullying
Policy**



*'Recognising the value and worth
of each individual'*

Aims:

**We will work together to stop bullying.
We want everyone in our school to be safe
and happy.
We will show respect for everyone in our
school community.**

What is bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset others.

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

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

Homophobic: using the word 'gay' in a negative way.

Through a 3rd person: Sending a friend with horrid messages.

Verbal: Being teased, name calling, hand signs

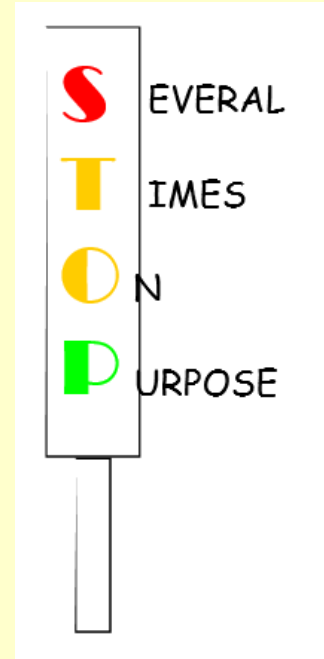
Racist: Graffiti, calling you racist names.

Sexual: Rude comments, touching you when you don't like it.

Cyber: texts, e-mail.



When is it bullying?



What we will do to help.

We will always treat bullying seriously.
We will always try to find a way to make it STOP.
We will always try to make you feel safe at school.

Who can I tell?

- Parents
- Friends
- Any of my teachers
- Teaching assistants
- Mrs McCarthy
- Mrs Bacon

