If you are bullied:-

DO:-

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



- **DON'T:-**
- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.
- Don't retaliate.

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
- Don't lose your temper
- TELL SOMEONE

The Head Teacher, the Deputy Head teacher, the Governors, the staff, the pupil leadership team and the children will work together to:-

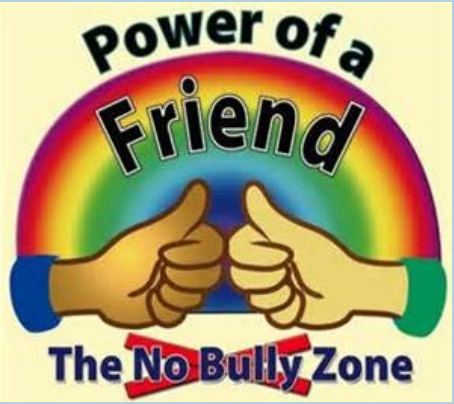
Make our school a place where everyone can feel safe and happy. That means no bullying allowed.

We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be who they are.



Nine Acres Primary School





Anti-Bullying Policy

Striving for Excellence

What is Bullying?

In our school a bully is someone who hurts someone more than once,

by deliberately using behaviour which is meant to hurt, frighten or upset another person.



Bullying can be……

Emotional: Hurting people's feelings, leaving you out or ignoring you on purpose.

Physical: Punching, kicking, spitting hitting, pushing, pulling hair, tripping up or stealing things.

Verbal: Being teased, name calling, being rude or shouting at you.

Racist: Graffiti, calling you racist names, making others say things about your religion or appearance.

Cyber: Saying unkind things by text, Facebook, e-mail or messenger or sending photos that you have not agreed can be shared with others.

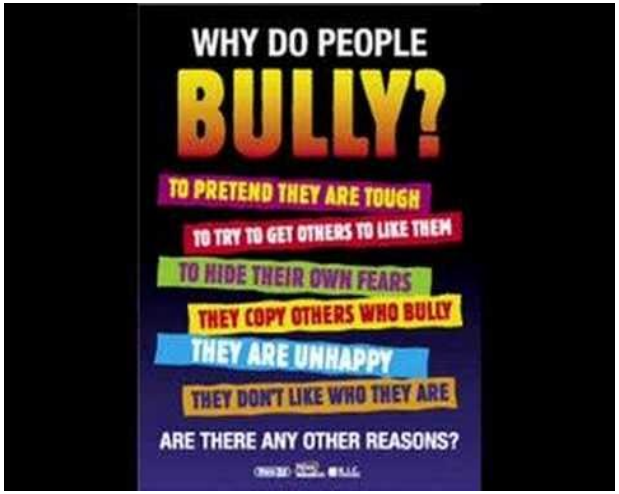
When is it Bullying?

Several

Times

On

Purpose



Who Can I Tell?

- A friend
- A family member
- Teachers
- Teaching Assistants
- Lunch time staff
- Deputy Head Teacher – Mrs Broome
- Head Teacher – Mrs Dyer
- Family worker—Mrs Hussey
- Assistant Head— Miss Paddon
- Any other adult in school or at home
- An adult that you trust.
- Anybody near you. Tell the Bully to Stop!

MOST IMPORTANTLY:-

If you feel you are being bullied:

Start Telling Other People!