

## If you are being bullied:

### DO:

- TELL SOMEONE
- Ask them to **STOP** if you can.
- Use eye contact, tell them to go away.
- Ignore them.
- Walk away.
- Put a note in your class worry monster or box if you are too nervous to speak about it.
- Talk to a friend.

### DON'T:

- Do what they say.
- Get angry or look upset.
- Hit back.
- Think it's your fault.
- Hide it.



### Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that only happens once.
- A one-off physical act e.g. pushing someone.



**All Saints'**  
family, faith, flourish

"God gave you that gift... Now let it flourish, as a small flame grows into a fire" (2 Timothy 1:6 - ICB)

**At All Saints' we  
are READY, RESPECTFUL  
and KIND.**



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## Our Child Friendly Anti-Bullying Policy



All Saints' is a place where everyone has the right to be themselves.

A place where everyone can feel safe, be happy and learn.

We are a family school where everyone is equal and acts with respect, kindness and love towards each other.

So that we can all flourish together.

## About Bullying...

What is Bullying?

- Bullying is **NOT** an accident.
- Bullies hurt someone on purpose.
- Bullies hurt over and over again. It doesn't only happen once.
- Bullying can be by one person or a by a group of people.

**Bullying happens ....**  
**Several**  
**Times**  
**On**  
**Purpose**

### Bullying can be...

- **Emotional:** hurting people's feelings, leaving people out, gossiping.
- **Physical:** hitting, kicking, pushing, damaging belongings.
- **Verbal:** name calling, teasing, offensive remarks.
- **Cyber:** saying or posting unkind things online.
- **Prejudice:** racial, religious belief, gender, sexuality, special educational need or disability.

## Who can I tell if I am being bullied?

- Parents/carers.
- A friend.
- Teachers.
- Lunch time staff.
- Any other trusted adult.



### **MOST IMPORTANTLY...**

If you are being bullied:

**What to do .....**  
**Start**  
**Telling**  
**Other**  
**People**

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

- ✓ **DO NOT** just ignore it.
- ✓ Ask the person to stop if you can.
- ✓ **TALK** to someone you trust.