

If you are being bullied:

Do:-

- Tell them it's upsetting you and ask them to stop
- Ignore them
- Walk away
- Tell someone else



Don't:-

- Lose your temper and retaliate
- Do what they say
- Think it's your fault
- Hide what is happening

What should you do if you see someone being bullied?

- Don't walk away and ignore it
- Don't lose your temper and retaliate
- Tell the bully to stop if it is safe to do so
- Tell an adult what is happening



The Head Teacher, the Governors, the staff, the school council and the children will work together to:

Make our school a place where everyone can feel safe and happy all the time.

Encourage everyone to get along with one another - allowing each individual the right to be who they are.

Sacred Heart R.C.V.A Primary School



Anti-Bullying Policy

What is bullying?

A bully is someone who purposely sets out to hurt someone else more than once. They will use behaviour which will hurt, frighten or upset another person.

Bullying can affect a group of people or just one person. A bully can act alone or be part of a larger group.



Bullying can be...

Physical - hitting / kicking /punching / pushing / spitting

Verbal - saying hurtful things - name calling & teasing

Racist - bullying someone because they are of a different race to you

Cyber - using the internet to post & message nasty things - Facebook etc.

Why do people bully?

There are lots of different reasons as to why people become bullies:

- Family problems
- Being bullied themselves
- Having no friends and being lonely
- Feeling insecure & unimportant
- Not understanding how victims feel

Remember that it isn't your fault if you are being bullied. Bullies often have their own problems and this is often the cause.



Who can I tell?

Family members

Friends

School councillors

Teachers

Lunch time staff

Office staff

Child line

The most important thing is that you don't keep it to yourself and you tell someone else!

