

If you are bullied

DO:

- ✓ Tell them you don't like it and to STOP if you can
- ✓ Ignore them
- ✓ Walk away
- ✓ Talk to a friend or a member of staff who you trust
- ✓ TELL A GROWN-UP



DON'T:

- × Get angry or look upset
- × Hit them or fight back
- × Keep it to yourself
- × Think it's your fault

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

- * Let the person who is being bullied know that you know what is happening
- * Support the person being bullied - you could offer to play with them
- * Tell the bully to stop if it is safe to do so
- * Tell an adult
- * Don't stay quiet or the bullying will keep happening

REMEMBER...
'TREAT OTHERS
LIKE YOU WANT TO
BE TREATED
YOURSELF!'

Dovedale Primary School



Child Friendly Anti-Bullying Policy

What is Bullying?

In our school a bully is someone who is deliberately mean to you every day or over and over again.

It is behaviour which is meant to hurt, frighten or upset another person.



Bullying can be...

Emotional: Hurting people's feelings, leaving you out

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling

Racist: Calling you racist names

Cyber: saying unkind things by text, e-mail and on other social media like Facebook

When is it Bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

- An adult
- Mum/Dad
- Teachers
- Friends
- Midday Supervisors
- Teaching Assistants
- Any other adult you trust



MOST IMPORTANTLY...

**If you are being bullied,
start telling other
people!**