

If someone is bullying you

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find different friends to play with.
- Find an adult to tell or talk to a friend or Bully Buddy who can speak to an adult for you.
- Leave a note on Mrs Turner's desk if you are too scared to talk about it.
- TELL SOMEONE.



DON'T:

- Do what they say.
- Get angry.
- Show them you are upset.
- Hit them.
- Hide it.
- EVER THINK IT IS YOUR FAULT.

What should I do if I see someone else 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 - tell someone or the bullying will keep happening.



The headteacher, the governors and the staff will work together to:

- Make our school a safe place where everyone can feel safe and happy.
- Help everyone to get on with each other - everybody has the right to be free from harm and feel safe in school.

Knowsley Junior School



Respecting each other,
succeeding together.

Our Anti-Bullying Policy

What is a bully?

In our school, a bully would be someone who uses behaviour intended to harm, frighten or upset another person, more than once.



Emotional: Hurting feelings, leaving people out, making fun about people's differences.

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

Verbal: Teasing, name-calling.

Racist: Calling or writing (e.g. graffiti) racist names or comments.

Cyber: Saying unkind things by text, email or social media (e.g. Facebook, Snapchat, Twitter, etc).

BULLYING NEEDS TO STOP!



Several
Times
On
Purpose

Who can I tell?

Friend

Parent, guardian or family member

Teacher or TA

Playground Leader

Bully Buddy

Midday supervisor

Mrs Turner

Any other adult

MOST IMPORTANTLY

If you are being bullied,

START TELLING OTHER PEOPLE!

