

Rebuild
econnect
esilient
elationships



We show love, kindness and friendship here!

OUR PUPIL ANTI-BULLYING POLICY

**WE SAY
'NO TO BULLYING' HERE!**

We can all make our school is a safe place for us all!

**BULLYING IS SOMEONE BEING MEAN TO YOU
SEVERAL TIMES ON PURPOSE!**

SCHOOL NAME HERE

WHAT IS BULLYING?



Bullying is **one sided**- it is unkind behaviour that can happen to a person or persons, this is **unequal power!**

Bullying can take many forms:

- VERBAL - saying unkind things or saying mean words.
- PHYSICAL - doing unkind things, like hitting or kicking or pushing.
- INDIRECT - leaving you out of a game on purpose to upset you or ignoring you.
- CYBER/ONLINE - being unkind online.

If you think you are being bullied please tell someone!

BULLYING IS NOT FALLING OUT WITH A FRIEND!

Remember you don't plan to fall out with a friend and you both get upset-
that's *equal power*

How you can help?



You can be an **UPSTANDER**

Did you know you can help stop bullying?

If you see someone having a bad time you could follow the **UPSTANDER** code
and Stand Up to bullying!

Be a Buddy- walk up to the person who is upset and say something like, '*Hey come and play
with me!*' and walk away **with** them.

Interrupt - walk up to the person being bullied and say, '*Quick you're needed for this game!*
or '*Mrs Smith needs us to do a job!*' then walk away **with** them.

Speak Out- speak directly to the person who is bullying, '*Please don't do that, it's unkind!*
'Then walk away with the person who is upset.

Tell an adult- This is the best way of stopping bullying, adults cannot be everywhere, so you can
help **if you see bullying by telling a teacher or** an adult you trust, when you see bullying

behaviour!



Remember -Think before you speak, Kind Hands! Kind Feet!

