

## What will the school do to help?



Adults will:

- Get involved and help you to solve the problem.
- Investigate things fully and remind the child (or children) that bullying is not acceptable and it must stop.
- Follow the behaviour chart and contact the parents of the bully (or bullies).
- Help you to make new friends/friendship groups.



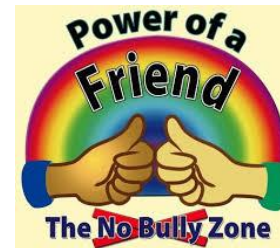
## Who can I talk to?

- Parents / carers
- A friend
- Teachers



Most important of all . . . .

**S**tart  
**T**elling  
**O**ther  
**P**eople



# INKERSALL PRIMARY ACADEMY



**CHILD FRIENDLY**

**ANTI-BULLYING  
POLICY**



Designed by

Inkersall Primary Academy School Council

## What is bullying?

Bullying is when children keep on being hurtful to someone over and over again. It can be:



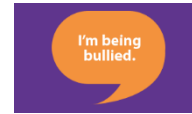
- Emotional: Hurting people's feelings, leaving people out
- Physical: Pushing, punching, kicking, spitting, biting
- Verbal: Teasing and name calling, threatening language
- Racist: Name calling and being disrespectful towards different cultures.
- Cyber: Saying unkind things by text, e-mail or media websites
- Homophobic: Saying unkind things about someone's relationship when they are attracted to someone from the same gender
- Gossiping and spreading nasty lies



**S**everal **T**imes **O**n **P**urpose

## What should I do if I'm being bullied?

### DO

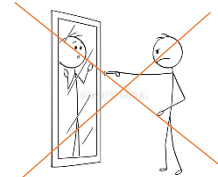


- TELL SOMEONE
- Ask them to STOP
- Ignore them
- Walk away
- Talk to a friend
- Use eye contact and tell them to go away



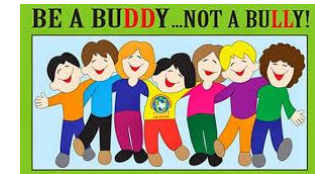
### DON'T

- Do what they say
- Get angry and retaliate
- Hit them
- Think it's your fault
- Hide it



**S**peak **T**o **O**ther **P**eople

## What if I see someone else being bullied?



- Tell an adult straight away.
- Don't get involved – you might end up getting hurt or you could end up in trouble yourself.
- Speak up otherwise the bullying will keep happening.
- Comfort the person who is being bullied. Reassure them that it isn't their fault and tell them to speak to someone.



**S**tart **T**elling **O**ther **P**eople