If you are bullied:

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Walk away.
- Use the worry box if you are too scared to speak openly about it.
- Talk to a friend.
- Tell a trusted adult —

  Speak out and stay safe!

DON'T:

- Do what they say.
- Retaliate
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

What should I do if I see someone being bullied?

- Get involved by telling an adult straight away.
- Don't confront the person who is bullying– you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening—call for help

The Head, Governors and Staff will work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.
- Make sure everyone has less worries to carry around

What will happen to a bully?

Teachers will get involved and help solve problems. They can talk to your parents and talk to your friends.

Woodside Primary School

Pupils' Anti-Bullying Policy

School Values:

Respect

Friendship

Tolerance

Determination

Courage

What is Bullying?

A bully is someone who hurts some-one else by using behaviour which is meant to hurt, frighten or upset an-other person. This behaviour is re-peated frequently.

Emotional: hurting people's feel-ings, leaving you out.
Physical: punching, kicking, spitting hitting, pushing.
Verbal: being teased, name calling.
Cyber: saying unkind things by text, email and online.
Racist: calling you names because of the colour of your skin or your cultural differences

WHEN IS IT BULLYING?

S T O P

Several

Times

On

Purpose

We promise to always treat bullying seriously.

Who can I tell?

A friend, parent, carer. teacher or member of staff, any other trusted adult

MOST IMPORTANTLY

S T O P

Start

Telling

Other

People