

If you are being bullied:

Do:-

- Tell them it's upsetting you and ask them to stop
- Ignore them
- Walk away
- Tell someone else



Don't:-

- Lose your temper and retaliate
- Do what they say
- Think it's your fault
- Hide what is happening

What should you do if you see someone being bullied?

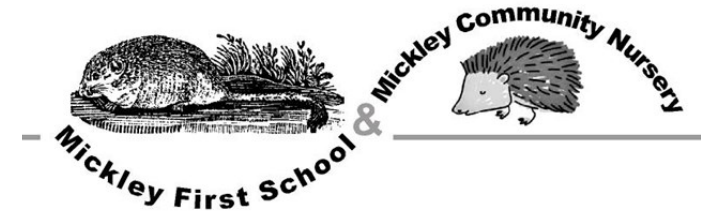
- Don't walk away and ignore it
- Don't lose your temper and retaliate
- Tell the bully to stop if it is safe to do so
- Tell an adult what is happening



The Head Teacher, the Governors, the staff, the school council and the children will work together to:

- Make our school a place where everyone can feel safe and happy all the time.
- Encourage everyone to get along with one another - allowing each individual the right to be who they are

Mickley First School



Anti-Bullying Policy

What is bullying?

A bully is someone who purposely sets out to hurt someone else more than once. They will use behaviour which will hurt, frighten or upset another person.

Bullying can affect a group of people or just one person. A bully can act alone or be part of a larger group.

Bullying can be...

Physical - hitting / kicking / punching / pushing / spitting

Verbal - saying hurtful things - name calling & teasing

Racist - bullying someone because they are of a different race to you

Cyber - using the internet to post & message nasty things - Facebook etc

Why do people bully?

There are lots of different reasons as to why people become bullies:

- Family problems
- Being bullied themselves
- Having no friends and being lonely
- Feeling insecure & unimportant
- Not understanding how victims feel

Remember that it isn't your fault if you are being bullied. Bullies often have their own problems and this is often the cause



Who can I tell?

- Family members
- Friends
- School councillors
- Teachers
- Lunch time staff
- Office staff
- Child line

The most important thing is that you don't keep it to yourself and you tell someone else

