** What is bullying?**

In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be…

Emotional:Hurting people's feelings, leaving you out, making you feel bad.

Physical:Punching, kicking, spitting, pushing, theft.

Verbal:Being teased, name calling, being rude.

**Racist:** Calling you racist names, graffiti.

Online: Saying unkind things by text, email, social media.

When is it bullying?

**Several Times On Purpose**

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person. Think before you speak!

Who can I tell if I think this happening to me?

* A friend
* A family member
* Member of School Council
* Any teacher at school or any adult in school
* Someone you trust
* Anybody near you

MOST IMPORTANTLY If you feel you are being bullied :

**Start** **Telling** **Other** **People**

If you are bullied:

**Do**

* Ask them to stop if you can.
* Use eye contact and say stop
* Ignore them.
* Walk away.
* TELL SOMEONE!

**DON’T**

* Do what they say.
* Get angry.
* Hit them.
* Think that it is your fault.
* Do not retaliate.
* Hide it.

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 or the bullying will keep happening.
* Don’t lose your temper.
* DO TELL SOMEONE.

**The Head Teacher, Governors, Staff and Pupil Parliment will work together to:**

* Make our school a place where everyone can feel 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 feel safe and be themselves.

