

If you are being bullied:

Do:-

- Ask them to STOP if you can
- Use eye contact to tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE
- Don't think it will sort itself out
- Remember it's not your fault



Don't

- Do what the bully says
- Get angry or upset
- Hit them or fight back
- Think it is your fault
- Hide it

At Butlers Hill Infant and Nursery School, the Head teacher, the Governors and staff work together to:

- Make our school a place where everyone can feel safe and happy. That means no Bullying is allowed.
- Help everyone to get on with each other and we believe everyone has a right to be who they are.



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# Anti-Bullying Leaflet For Parents and Pupils

## What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten, or upset another person. This behaviour is repeated frequently.



**Emotional:** Hurting people's feelings and leaving them out.

**Physical:** Punching, kicking, hitting, spitting and pushing.

**Verbal:** Being teased, name calling

**Cyber:** saying unkind things via text, email or online.

**Silent:** Ignoring, excluding.

**Racist;** Calling you names because of the colour of your skin.

## When is it Bullying?

Bullying is something that happens several times on purpose.

Several

Times

On

Purpose

What can you do?

**S** Stand up to the bully and use your words to tell them to stop bullying.

**T** Take appropriate action to get away from the bully, go to an adult.

**O** Open up to a trusted adult.

**P** Protect yourself from bullies.

What can you do if you see or know someone is being bullied?

- School Adults
- Parents or someone who looks after you
- A family member
- A friend
- Most Importantly

Start

Telling

Other

People

What do we do at Butlers Hill when bullying happens?

We take every incident seriously.

Teachers and the Head Teacher are involved. Parents are contacted and asked to have a meeting.

We keep children safe through providing enough adults to supervise them whilst they are in school. If bullying continues the school would consider short/long term exclusion.