

## What is bullying ?

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



### Bullying can be . . .

- \* **Emotional:** hurting people's feelings, leaving them out, spreading rumours about them, sending unpleasant notes, tormenting or giving rude looks or gestures.
- \* **Physical:** punching, kicking, spitting hitting, pushing; taking or damaging someone's possessions.
- \* **Verbal:** teasing or threatening someone, name calling including racist names.
- \* **Cyber:** sending or posting unkind messages using texts, e-mail or social media-either to someone or about them.

## When is it bullying ?

**S**everal

**T**imes

**O**n

**P**urpose



**At Preston Manor Lower School  
we promise to always treat  
bullying seriously.**

## Who can I tell ?

- ⇒ a friend
- ⇒ a family member
- ⇒ school councillors
- ⇒ teachers
- ⇒ any other grown up

**MOST IMPORTANTLY:**

If you are being bullied:

**S**tart

**T**elling

**O**ther

**P**eople !

## If you are bullied:

### DO:

- \* Say "**STOP** it. I don't like it. "
- \* Use eye contact with them, and tell them to "**Go away** "
- \* Ignore them
- \* Walk away

YOU **MUST** TELL SOMEONE !



### DON'T:-

- Do what they say
- Hit them
- Think it's your fault
- Hide it
- Retaliate

## What should I do if I see someone else is being bullied?

- Tell the bully to stop if it is safe to do so
- Stay calm
- Make sure you tell someone else

The Head of Lower School, the staff, the governors, the school council and the children will work together

to:

- ◆ Make our school a place where everyone can feel safe and happy
- ◆ Help everyone to get on with each other
- ◆ Remember that everyone has the right to be who they are
- ◆ Ensure that **no bullying is allowed**



## Anti-Bullying Policy

## Lower School

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