

## If you are bullied:-

### DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- TELL SOMEONE.



### DO NOT:-

- Do what they say.
- Get angry or look upset.
- Think it is your fault.
- Hide it.
- Retaliate.

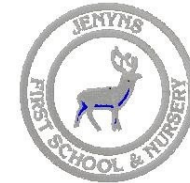
## What should I do if I think that someone else is being bullied?

- Do not walk away and ignore the hurtful behaviour.
- Tell the person that they are being unkind.
- Tell the person to stop if it is safe to do so.
- Do not stay silent or the hurtful behaviour will keep happening.
- Do not lose your temper.
- Go and get some help.

**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. That means no bullying is allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

# Jenyns First School and Nursery



## Child Friendly Anti-Bullying Policy

Bullying is very rare at our school but sometimes people are unkind and hurtful. We will always take this seriously.

## What is Bullying?

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



### Bullying can be.....

- Hurting people's feelings, leaving you out.
- Punching, kicking, spitting hitting, pushing.
- Being teased, name calling.
- Calling you racist names, treating you differently because of your race.
- Saying unkind things by text, e-mail, Facebook or using other similar sites.

## When is it bullying?

People doing **nasty or unkind** things to you, **on purpose, more than once**, which it is difficult to stop.



**At Jenyns School we promise to always treat bullying seriously.**

## Who can I tell?

A Friend  
A family member  
Your teacher  
Mrs Morris  
A Teaching Assistant  
The Lunch time Staff  
A trusted adult



If you are being bullied:

**S**tart **T**elling **O**ther **P**eople!