

## 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 and find different friends to play with
- ✓ Find an adult to tell or talk to
- ✓ TELL SOMEONE

### TRY NOT TO:

- ✗ Believe what they say
- ✗ Retaliate
- ✗ Think it's your fault
- ✗ Hide it

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

- ✎ Don't just walk away and ignore the bullying, find an adult.
- ✎ Ask the child if they need help.
- ✎ Don't stay silent or the bullying will keep happening.
- ✎ Tell the bully to stop if it is safe to do so.

Wateringbury CE Primary School is a **happy** school where pupils and staff feel **valued, respected** and part of a big **family**. It is a school where we are **proud** to celebrate our **differences**. Pupils at our school want everyone to **behave** in a **friendly** and **respectful** way with no bullying. This includes no use of racist or homophobic language, which is **NOT** acceptable in our school.

We believe that everyone at Wateringbury CE Primary School is **equal** and should be treated equally.



The headteacher, governors and staff will **work together** to:

Make our school a place where **everyone** can feel **safe** and **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 be who they are.



# Wateringbury CE Primary School



## Child Friendly Anti-Bullying Policy

## What is bullying?

In our school, we believe that a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or threaten another person.

### Bullying can be...

<b>Physical</b>	Hitting Smacking Kicking Punching Physical contact that is harmful
<b>Verbal</b>	Name calling Threats Offensive remarks
<b>Racist</b>	Insulting someone because of their religion, skin colour and background.
<b>Indirect/ Emotional</b>	Spreading nasty stories Gossiping and leaving others out of social groups. Stopping someone from having a nice time at school.
<b>Cyber</b>	Sending nasty emails Sending nasty texts Making nasty phone calls
<b>Sexual</b>	Unwanted physical contact Inappropriate touching Sexual name calling

## When is it bullying?



Bullying is not the odd occasion of falling out with friends, name calling, arguments or fights. However, these are also serious incidents which would be dealt with by teachers. This could be physical or verbal or it could be done online.

**We promise to always take bullying seriously.**

## Who can I tell?

- ★ A friend
- ★ Parents
- ★ Teachers
- ★ Teaching assistants
- ★ Midday supervisors
- ★ Governors
- ★ Prefects
- ★ Another adult
- ★ Any one you feel you can trust



### **MOST IMPORTANTLY**

If you are being bullied:

**Start Telling Other People!**