

***SPOT IT &
STOP IT***

**If you are being
bullied**

- Ask them to stop if you can
- Ignore them and walk away
- tell someone

**If you see someone
else being bullied**

- Don't ignore it
- Help the bully and the person being bullied by telling someone. **Be a friend tell .**

When is it
bullying?

Remember

Several

Times

On

Purpose



BULLYING





WHO CAN I TELL?

- Teachers
- Parent/Carer
- Friend
- Teaching Assistants
- Lunchtime or Playtime Staff

BULLYING CAN BE...

Emotional: hurting people's feelings and leaving them out

Physical: using their bodies to hurt others by hitting, pushing, kicking etc.

Verbal: Using unkind or hurtful words teasing others or calling them names

Cyber: Saying unkind things: online/ phone/email/social media

LET YOUR SMILE
CHANGE THE WORLD
BUT DON'T LET THE
WORLD CHANGE YOUR
SMILE!

IF YOU DON'T HAVE
ANYTHING POSITIVE
TO SAY DON'T SAY
ANYTHING AT ALL!



*Policy written by
School Council*