

If you think you are being bullied...

DO

- Ask them to stop if you can.
- Tell them to go away.
- Ignore them.
- Walk away.
- Keep away.
- Tell an adult.
- Stay safe.

DON'T

- Do what they say.
- Get angry or upset.
- Call them names and use bad language.
- Hit them.
- Think it's your fault.
- Hide it.
- Retaliate.
- Be mean to someone else because it makes you feel better.

Start
Telling
Other
People

If you think someone else is being bullied...

Don't:

- Walk away and ignore the bullying.
- Feel afraid to tell someone
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Stay silent or the bullying will carry on.
- Lose your temper.
- Do ignore the bully because they are trying to get a reaction.



Don't be afraid
to ask for help
if you need it!



NASH MILLS CofE PRIMARY SCHOOL

Guide to Anti-Bullying



This leaflet has been created with ideas from pupils across the school with the Year 6 House Captains deciding what to include.

Our aim is to share the key parts of our anti-bullying policy with other children at the school. We want to stop bullying from happening. NOW!

What is Bullying?

- Bullying is when someone hurts you more than once on purpose.
- Bullying is when someone tries to frighten you, upset you or hurt you in some way.
- Bullying could be kicking, hitting or pushing.
- It could also be through emails or Facebook. This is called Cyber-Bullying.
- It can really affect someone's feelings and mental health.



Types of Bullying

Bullying can be:

- Emotional—hurting people's feelings or leaving pupils out.
- Physical—pushing, kicking, hitting.
- Verbal—being teased, name calling.

Bullying makes people very unhappy.

When is it Bullying?

Several
Times
On
Purpose

Who can I tell?

- A friend
- A family member (Mum or Dad)
- A teacher
- House Captains
- Lunchtime staff
- Childline- Call 0800 1111

If you are bullied

Start telling other people!

At Nash Mills we
promise to treat bullying
very seriously.

