

When is it bullying?

We class bullying as something that happens:

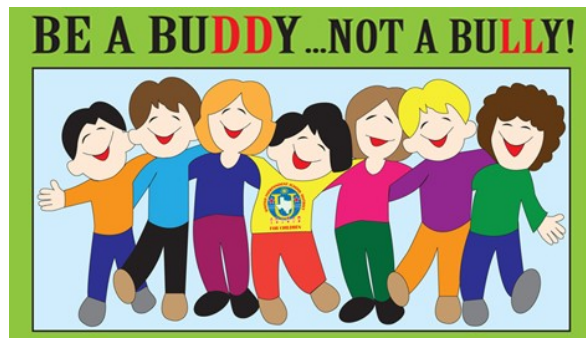
Several

Times

On

Purpose

SO:



Roe Farm Primary School



Child friendly Anti - Bullying Leaflet

Together We Make a Difference

What is bullying?

At Roe Farm Primary School, we think bullying is where somebody does something more than once, by using behaviour which is meant to hurt, frighten or upset someone.

This could be:

Emotional - hurting someone's feelings, leaving someone out or being bossed around.



Physical - punching, hitting, biting, kicking, pushing or spitting.



Homophobic - calling you a gay or lesbian.

Through someone else - sending a friend to be unkind to you.

Verbal - saying unkind things.

Racist - calling you names or teasing you because of your beliefs, religion or ethnicity.

Cyber - by text, email or social media.



If I am being bullied who can I tell?

You mustn't suffer in silence! There are so many people you can tell.....

Parents or Carers

Teachers

Grandparents

Lunchtime Staff

Brother or Sister

Trusted Adult

TELL AN ADULT



TELL AN ADULT



What to do if you are being bullied.....

Do ...

- ⇒ Ignore them and walk away.
- ⇒ Tell somebody.
- ⇒ Act as though you don't care what they say or do.



Remember it is NOT your fault and you are NOT alone!

Don't....

- ⇒ Do what they say.
- ⇒ Get angry.
- ⇒ Hit them.



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

- ⇒ Don't walk away and ignore the bullying.
- ⇒ Let the bully know what is happening.
- ⇒ Tell the bully to S.T.O.P. if it is safe to do so.
- ⇒ Don't stay silent or the bullying will keep happening.
- ⇒ Tell someone.
- ⇒ Help the person who is being bullied.
- ⇒ Be a good friend.



At Roe Farm Primary we will all work together to S.T.O.P. bullying.

We want everyone in school to feel safe and happy!

Respect and understand each other

Everyone has the right to be who they are.