



If you think you are being bullied:

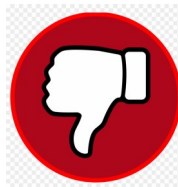
Do ~

- * Ask them to go away
- * Try to ignore them
- * Walk away
- * Talk to someone



Don't ~

- * Try to fight back
- * Blame it on yourself
- * Keep it to yourself
- * Do what they say



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

- * Tell the 'bully' to stop if you feel it is safe to do so
- * Don't keep quiet, tell a grown-up that you think bullying is happening
 - * Don't ignore it!

Our School Council, staff and governors all work together to make sure our school is a place where everyone feels safe and happy, this means that bullying is not allowed in our school.



Swimbridge C of E
Primary School

Child Friendly Anti-Bullying Policy

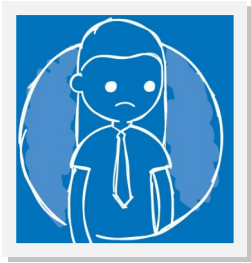


Our school values are

Wisdom Hope Community
Dignity Love

What is bullying?

Our School Council recognise that bullying is when someone hurts someone else/other people, lots of times on purpose, by using behaviour which is deliberately meant to hurt, frighten or upset them.



Types of bullying

"Unkind voices, unkind hands"

Emotional ~ hurting people's feelings or leaving them out on purpose.

Physical ~ hurting people's bodies by hitting, kicking, pushing, etc.

Verbal ~ calling people names or saying unkind things about them to others.

Cyber ~ being deliberately unkind to others when sending messages or on the internet.

When is it bullying?

S. T. O. P.:

when an act of bullying happens more than once and continues to happen.

Several

Times

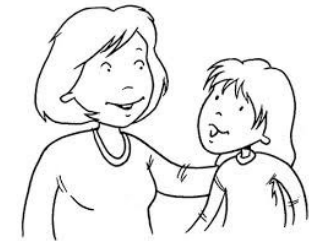
On

Purpose



Who can I tell if I think I'm being bullied?

- * A friend
- * A family member
- * A teacher, TA or MTA
- * Any other adult



Most importantly: if you think you are being bullied...
tell someone!

As a school we promise to always treat bullying seriously