

## 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.
- Use the classroom worry box if you are too scared to speak openly about it.
- Talk to a friend.
- TELL SOMEONE.



### DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

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

- Tell an adult straight away.
- Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening

## The Head, the Governors and the 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.

## What will happen to a bully?

Teachers will get involved and help you solve problems. They can give out yellow and red cards, talk to your parents and talk to your friends.

# RIVERSIDE

# JUNIOR School



## Child Friendly

## Anti-Bullying

## Policy

## What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



**Emotional:** Hurting people's feelings, leaving you out.

**Physical:** Punching, kicking, spitting hitting, pushing.

**Verbal:** Being teased, name calling.

**Cyber:** saying unkind things by text, e-mail and online.

**Racist:** calling you names because of the colour of your skin.

## When is it bullying?

**S**everal

**T**imes

**O**n

**P**urpose



We promise to always treat bullying seriously.

## Who can I tell?

A Friend

Parents/Carers

Teachers

Learning Mentor

or any other Staff

Lunch time Staff

Any Other Adult

**MOST IMPORTANTLY:- If**

you are being bullied: **S**tart

**T**elling **O**ther **P**eople!

