

# GM Child Friendly Anti-Bullying Policy



## What is Bullying?

In our school a bully is someone who hurts someone **more than once, on purpose** using behaviour which is meant to hurt, frighten or upset another person.

### Bullying can be...

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

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

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

**Racist:** Calling you racist names, graffiti.

**Cyber:** Saying unkind things by text, email, social media.

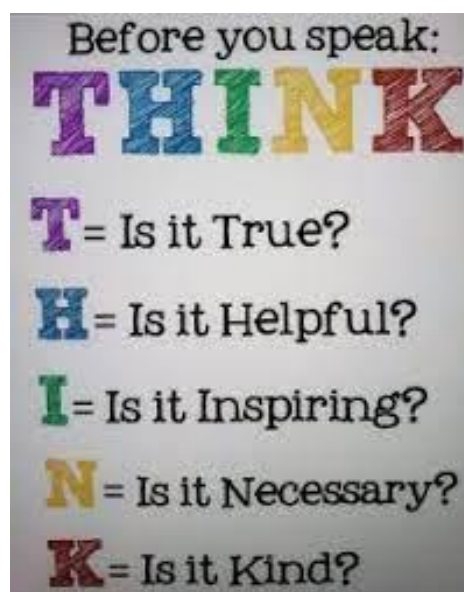
### When is it bullying?

**Several  
Times  
On  
Purpose**



Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person.

**Think** before you  
speak!



### Who can I tell?

A friend

A family member

School Buddy

Head Teacher

Any teacher at school or any adult in school, including lunch time staff

Someone you trust

Anybody near you

**MOST IMPORTANTLY**

If you feel you are being bullied :

**Start  
Telling  
Other  
People**



## If you are bullied:

### Do

- Ask them to stop if you can "Stop it, I don't like it!"
- Use eye contact and tell them to go away
- Walk away
- **TELL SOMEONE!**

### DON'T

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think that it is your fault.
- Hide it.
- Do not retaliate.

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

- Don't walk away and ignore the bullying.
- Tell the bully to **stop**, if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- **TELL SOMEONE.**

The Head Teacher, Governors, Staff and School Council will work together to:

- Make our school a place where everyone can feel happy. That means **no bullying allowed.**
- We will help everyone to get on with each other - everyone has the right to feel safe and be themselves.

