

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 class room worry box if you don't want to speak about it
- Talk to a friend
- Tell someone

Don't:

- Do what they say
- Get angry or upset
- Hit them or respond in an angry way
- Think it is your fault
- Keep it to yourself
- Take it personally

What shall I do if I see someone else being bullied:

- Tell an adult straight away
- Don't try to get involved—you might end up getting yourself in trouble
- Don't act like nothing has happened, get help
- 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 will be allowed.
- We will help everyone to get on with each other. We believe that everyone has the right to be who they are.

What will happen to the bully ?

Teachers will get involved and help you solve the problem.

St Charles Borromeo Catholic Primary School



Child Friendly Policy Against Bullying

What is bullying ?

Bullying is when someone is mean or unkind to you over and over again bullying is done on purpose .

Types of bullying

Emotional: hurting peoples feelings or leaving you out.

Physical: punching, kicking, spitting, hitting or pushing.

Verbal: being teased, name calling and spreading hurtful rumours.

Cyber: saying unkind things by text, email and online.

Child on child abuse— physical and inappropriate touching, violence or emotional harm, on and offline bullying between children of a similar age

Other forms: calling you names because of who you are or because of your culture.

When is it bullying?

Several

Times

On

Purpose



Everyone has the right to feel happy and safe at school.

We promise to always treat bullying seriously.



Who can I tell?

- A friend
- Parent /carers
- Teachers
- Lunch time teachers
- Any other adult
- School buddies /Year 6 monitors

Most importantly:

If you are being bullied start telling other people.

Our responsibility:

To act in a kind, respectful and supportive way towards one another. Ask for help if you need it.

