

We need to work together:

To make our school a place where everyone can feel safe and happy

To achieve this, we will...

- not hurt others physically
- not upset others
- respect each other and their belongings
- not exclude others from games
- use the word 'bullying' correctly
- always tell an adult if we are being bullied
- always tell an adult if someone else is being bullied
- treat everyone as friends
- uphold the school values of love, kindness, respect, teamwork, forgiveness and perseverance



Telephone counselling and advice service for Children and young people who are experiencing Bullying or any other problem or danger

www.childline.org.uk



National Society for the Prevention of Cruelty to Children (NSPCC)

Helpline for anyone, including children, concerned about, involved in, or at risk of child abuse

www.nspcc.org.uk



Advice and information about how to protect Children from potential risks online

www.childnet.com

Grayswood Primary School

Pupil Anti-Bullying Leaflet

written by Grayswood School Council



What is Bullying?

Bullying is hurting someone repeatedly, on purpose and is a behaviour that can hurt you on the inside (by saying things that are not very nice, knowing that they will hurt your feelings) or hurt you on the outside (by hitting you or hurting you physically).

Bullying can be

Emotional – Hurting someone's feelings, leaving them out, laughing at them on purpose

Physical – Punching, kicking etc.

Verbal – Name calling, teasing, gossiping

Written – Notes, letters, pictures

Cyber – Saying unkind things by text or via the internet, including social media.

Bullying is not

- An accident in the playground
- Fallouts with friends
- If it only happens once
- Fighting

Top Tips

What to do if you are being bullied

DO

- Ask them to stop and explain why you are upset
- Tell them to go away
- Walk away yourself
- Stay calm and confident
- Give them a chance to apologise
- Write a message to Lucy (ELSA)
- TELL SOMEONE you trust

DON'T

- Get angry
- Do what they say
- Hurt them
- Say something unkind
- Think it's your fault
- Keep it to yourself



I'm worried about someone else

- Don't walk away and ignore it
- Ask the person to stop
- Don't stay silent – TELL SOMEONE

Who can I tell:

- A friend
- A school ambassador
- A trusted adult at school
- A family member

Adults at school will:

- Listen to you
- Always treat bullying seriously
- Talk to the person who has been unkind and explain that they must stop
- Help them to change their behaviour
- Give out warnings or consequences and may talk to their parents
- Speak to your parents too
- Be the ones who deal with the bully
- Check with you that the bullying has stopped