

## If you are bullied:

### Do:

- Ask them to STOP if you can
- Use eye contact & tell them to go away
- Ignore them
- Walk away
- Use Mrs Dray's Worry Box
- Talk to a responsible and trusted friend
- Talk to a Behaviour Ambassador
- TELL SOMEONE

### Don't:

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

## What if someone else is being bullied?

- Tell an adult straight away
- Don't try and get involved
- Don't stay silent or the bullying will keep happening

Mrs Druce, all staff and Governors will work together to:

- Make our school a safe and happy place for everyone
- Help everyone to get on with each other
- Ensure everyone has a right to be who they are

## What will happen to a bully?

Teachers will get involved and help you solve problems. The system of a support log may be used, circle time or circle of friends.



## Happiness and Friendship

Information leaflet  
for children



## 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 and sending unkind things by text, email, online.

**Racist:** calling someone names because of the colour of their skin.

## When is it bullying?

Several

Times

On

Purpose



**We promise to always  
treat bullying seriously.**

## Who can I tell?

- A friend
- Parents / carers
- Teachers / school staff
- Behaviour Ambassadors

Most importantly if you are being bullied:

Start

Telling

Other

People

