

**If you are being bullied
STOP!
Start Telling Other People!**



YOU COULD TELL:

- Friends
- Teachers or other staff
- Mrs Tennant
- Mrs Beaston
- Mrs Jennings
- Family
- Lunchtime helper

You could also:

- Walk away or ignore the bully.
- Tell them to stop if you can (bullies don't like confident children).
- Put a message in the Worry Monster.

DON'T

- blame yourself
- believe or listen to the bully
- hurt the bully back
- do what a bully tells you to do
- keep it to yourself
- tell anyone you don't trust

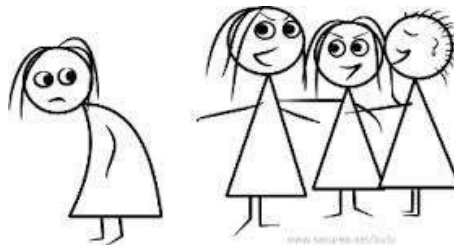


If **you** see someone else being bullied:

- Don't walk away and ignore bullying.
- Tell the bully to stop if it is safe to do so.
- Tell an adult what you have seen.

Remember:

- Bullies are usually unhappy people inside who will need help to change.
- The bully may be going through something difficult themselves.



Selby Abbey

Church of England

Primary School



Children's

Anti-Bullying

Policy

What is bullying?

A bully is someone who deliberately and repeatedly hurts someone. They use behaviour which could make someone feel frightened, hurt or upset. A bully tries to have power over the person they are bullying.



Bullying is:
Deliberate
Repeated
Unkind
Malicious



Bullying can be...

Physical: kicking, punching, hitting, pushing

Emotional: leaving you out, hurting feelings

Verbal: name calling, being teased

Cyber: sending unkind things by text, email or social media

Racist: using racist comments or name calling

Sexist: using comments because someone is a girl or a boy

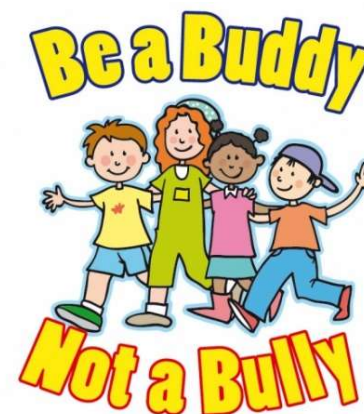
Homophobic: behaving or speaking in a way that makes someone feel bullied about their actual or perceived sexuality
Or making negative comments about someone's special educational needs or disability

Bullying is not...

- a one-off event
- falling out between friends
- when someone loses their temper and lashes out
- when there is equal power between sides
- by accident

At Selby Abbey Church of England Primary School we show respect for others.

We all work together (children, staff, parents and governors) to keep everyone safe and happy without fear of bullying.



We will:

- Help those who are being bullied
- Learn about strategies to be confident
- Be knowledgeable about what bullying is
- Value each other as unique individuals
- Support the bully