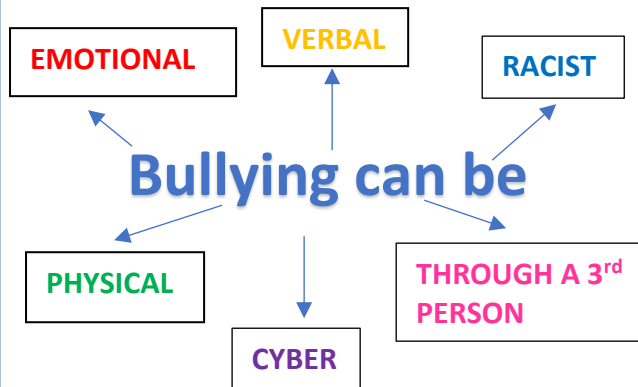


# What is bullying?

At Saltersgate Infants a bully is someone who hurts someone more than once, by using behaviour that is intended to hurt, frighten or upset another person.



**Emotional:** Hurting people's feelings, bossing someone around and leaving people out.

**Racist:** Calling someone racist names.

**Physical:** Punching, kicking, spitting, pushing, hitting, biting.

**Cyber:** Text, email, games console.

**Verbal:** teasing, name calling, hand signals.

**Through a 3rd person:** sending a friend with a horrible message.

# When is it bullying?

**S**everal **T**imes **O**n  
**P**urpose

We will all work together  
to **S.T.O.P.** bullying



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

**To deal with bullying, we will help everyone:**

- To get on well together.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.

# Who can I Tell?

- **Teacher**
- **Friend**
- **Teaching Assistant**
- **Mum or Dad**
- **Lunchtime Supervisor**

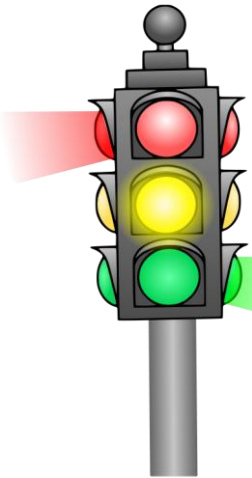
# What should I do if I am being bullied?



## What should I do if I'm being bullied?

**S**tart **T**elling **O**ther **P**eople

**DO....**



-Use eye contact and tell them to go away and leave you alone.

- Ignore them and walk away.

-Act as if you do not care about what they say or do.

-Always remember it is NOT your fault and you are not to blame.

**DON'T...**

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them back.

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

- \*Don't walk away and ignore the bullying.
- \*Let the bully know what is happening e.g. I am going to tell an adult.
- \* Tell the bully **S.T.O.P.** if it is safe to do so.
- \* Don't stay silent or the bullying will keep happening

### We will always treat bullying seriously.

We will talk to the child and explain that they are breaking our Golden Rules.

We will talk to parents if necessary.

We will talk about our Golden Rules and remind everyone that we are kind to others so that all our children can feel safe and happy in school.

Your teacher will check with you that things have been ok.

**S**peak  
**T**o  
**O**ther  
**P**eople



## Child friendly anti-bullying Policy

