

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.
- **TELL SOMEONE.**



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.
- Don't retaliate.

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

- Don't walk away and ignore the bullying
- Let the bully know what is happening
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening
- Don't lose your temper

The Head Teacher, the Governors, the staff, the school council and the children will work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

St Mary & St. Thomas Aquinas Catholic Primary School



Child Friendly Anti-Bullying Policy

What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Bullying Can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, e-mail and msn messenger.

When is it bullying?

Several

Times

On

Purpose



**At St Mary & St.Thomas
Aquinas School we promise to
always treat bullying seriously.**

Who can I tell?

A Friend

A family member

School Councillors

Miss White

Chaplain

Teachers

Lunch time Staff

Office Staff

Any Other Adult



MOST IMPORTANTLY:-

If you are being bullied:

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