

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.
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DON'T:-

- Do what they tell you to do.
- 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 don't 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 anti-bullying ambassadors 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.



The Trinity
CE Primary Academy

Child Friendly Anti-Bullying Policy

November 2018
(decided by School
Council)

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 social media.

Indirect: alienation, leaving people out.

When is it bullying?

Several

Times

On

Purpose



**At Trinity Primary Academy,
we promise to always treat
bullying seriously.**

Who can I tell?

A friend

A teacher

Your parents

An adult you trust

Mrs Boud/Mrs Allender

Anti-bullying Ambassadors

MDSAs

Police (if there is not
alternative)

NSPCC or Child-line



MOST IMPORTANTLY:-

If you are being bullied:

Start **T**elling **O**ther **P**eople!