

What to do if you are worried you are being bullied

Do

- If you can, tell them to stop ('stop it, I don't like it')
- If you can, tell them how they are making you feel
- Walk away/ignore them
- Find an adult you trust or friend to talk to
- Find a different friend to play with
- **Tell someone you trust**

Don't

- Do nothing
- Do what they say
- Retaliate (two wrongs don't make a right)
- Be scared, stand up for yourself
- Think it is your fault
- Take it personally
- Keep it to yourself or hide it

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

Don't walk away and ignore it – take action

If it is safe, go up to the bully and tell them to stop

Invite the child being bullied to join in with your game.

Tell an adult

Don't take sides

Don't stay silent – tell someone about what is happening

Don't join in



Choose Respect

A child friendly version of our anti-bullying policy

Written by the Mytchett Primary & Nursery School Council

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We promise to always treat bullying seriously.



What we would like our school to be like

At Mytchett Primary & Nursery Academy we want everyone to feel safe all of the time, in all areas of the school. Everyone has the right to feel happy coming to school and for it to be a place where we can learn, trust each other and enjoy ourselves.

We wanted to have this policy to remind all of us about our rights to feel safe in school and our responsibilities in helping make sure this happens.

It is important that everyone (children, parents, staff and Governors) understand what bullying is, knows how to recognise this and works together to stop it.

What is bullying?

In our school, bullying is when someone deliberately hurts another person repeatedly. Hurting someone one includes behaviours that are meant to hurt, frighten or upset the other person.

Bullying can be....

Emotional: hurting people's feelings, leaving someone out

Physical: inappropriate physical contact (e.g. hitting, kicking, punching, pushing, spitting)

Verbal: teasing, name calling, banter

Racist: saying unkind things because of the colour of someone's skin, religious beliefs or culture

Cyber bullying: saying unkind things through text, email and online platforms saying or doing unkind things because someone is different

When is it bullying?

Several

Times

On

Purpose



Who can I tell

Someone you trust

Any adult in school

A parent or carer

A friend

A family member

A member of the School Council