

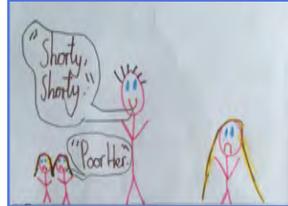
Who can I tell?

Don't ever worry about asking for help

- Mum/Dad
- Grandparents
- Older Siblings
- Teachers
- A friend who you trust to speak to an adult for you
- School Buddies
- Lunchtime Staff
- An adult that you trust
- Or you can go to the Nurture room at lunchtime for any support.

MOST IMPORTANTLY:-

If you are being bullied:
Start Telling Other People!



This policy has been produced by children from all year groups throughout the school.



Bridgewater Primary School
Child Friendly Anti-Bullying Policy

'We're stronger together than alone'

'Treat other people how you would want to be treated'

In this school bullying is taken seriously. Help and support is always offered for children to help them make the right behaviour choices and to feel safe at school.

What is bullying?

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



Bullying can be...

Emotional: Hurting people's feelings, leaving you out or showing jealousy towards others.

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

Verbal: Being teased, name calling.

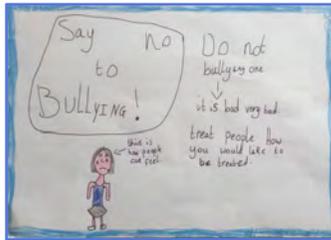
Racist: Graffiti or calling you racist names about skin colour, religion and beliefs, accent, how you look or where you come from.

Cyber: Saying unkind things by text, email or on social media. e.g Whatsapp, Skype, Snapchat.



When is it bullying?

Several
Times
On
Purpose



We promise to always treat bullying seriously

If you are bullied:-

DO:-

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Walk away
- Write a note if you are too scared to speak openly about it.
- Talk to a grown-up or a friend
- Always tell someone

DON'T:-

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

Empathy is...

Hearing with



the ears of another

Seeing with the



eyes of another

Feeling with the



heart of another



How would you feel in that person's shoes?

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

- Always tell someone straightaway.
- Don't walk away or ignore the bullying.
- Let the bully know that what is happening is not acceptable.
- Help the bully to make the right choices.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors, the staff and the Anti-bullying Team 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.