

If you are bullied :

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them
- Walk away
- Talk to an adult in school or ask a friend to talk to an adult.
- TELL SOMEONE!

Don't :

- Do what they say.
- Get angry or look upset.
- Hit them
- Think it's your fault.
- Hide it.

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.
- Tell the bully to stop if it is safe to do so.
- Tell an adult in school. Don't stay silent or the bullying will keep happening.

All of the adults in school and the Governors will work together to :

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



**THREE PEAKS
PRIMARY
ACADEMY**

**Child Friendly
Anti-Bullying Policy**



What is Bullying?

In our academy a bully is 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 email or social networking.

When is it bullying ?

Several

Times

On

Purpose

We promise to always treat bullying seriously.



Who can I tell?

A friend

Mum / Dad

Teachers

Teaching Assistants

Lunchtime Staff

Any other adult

MOST IMPORTANTLY



If you are being bullied :

Start telling other people!