

## If you are being bullied:



### Do...

- Use eye contact and tell them to stop
- Ignore them
- Walk away
- Act like you don't care
- Remember it is NOT your fault and you are NOT alone
- Tell someone you trust



### Don't...

- Do as they say
- Look upset or cry
- Get angry
- Hit them



## What should you do if you see someone else being bullied?

- Don't walk away and ignore it
- Let the bully know what is happening
- Tell the bully to **S.T.O.P.** if it is safe to do so
- Don't stay silent or it will keep on happening

# Highgate Primary

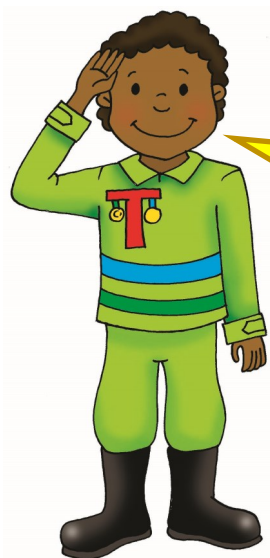
## Children's Anti-Bullying Policy

**S** **EVERAL**  
**T** **IMES**  
**O** **N**  
**P** **URPOSE**



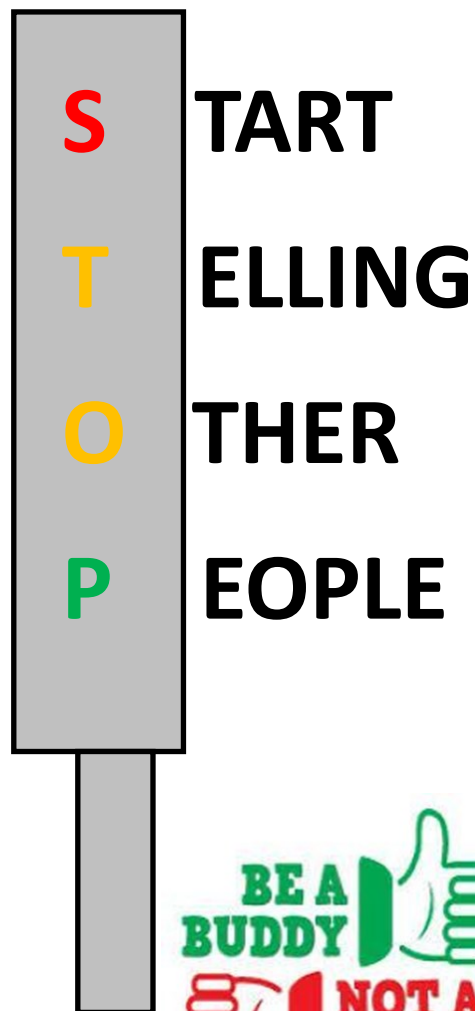
## What is bullying?

Bullying is when someone hurts someone more than once, using behaviour that is meant to hurt, frighten or upset someone else.



*Tully Teamwork says:*

***"Let's work together to get rid of bullying!"***



The nurture group network   
helping children and young people to succeed

## What can school do?

- We will treat it seriously
- We will try to find a way to make it stop so you feel safe and happy
- We will involve parents
- We can offer you help
- We have a Nurture team to help you

## Who can I tell?

Teachers

Midday supervisor

Mum or Dad

Friend

Another adult

Nurture Team

School Council

Childline

0800 8001111



### Bullying can be...

Emotional—Hurting people's feelings, leaving you out, giving funny looks

Physical—Punching, kicking, spitting, hitting, pushing

Verbal—Name calling, hand signs, being teased

Cyber—using the internet or mobile phones to upset someone