

## What to do if you are being bullied...

- Ask them to STOP and tell them to leave you alone
- Find help from someone
- Ignore them
- Walk away
- Tell the bully how it makes you feel, try and find the reason why they are doing this
- Get help - TELL SOMEONE!



## DON'T:

- Do what they say
- Get angry or look upset
- Hit them or react
- Think it's your fault
- Keep it a secret
- Delete the evidence if it happens online
- Do to them what they are doing to you - two wrongs don't make a right!
- Think being unkind is always the same as bullying

## What do you do when you see someone else being bullied?

- Don't walk away and ignore the bullying - don't watch and not do anything
- Tell the bully to stop or go away
- Don't get involved - see if you can find the 'back story' to get them help.
- Look after the person being bullied
- TELL SOMEONE - don't stay silent!

## The Headteacher, the Governors, the staff, the School Council and the children will work together to:

- make our school a place where everyone can feel safe and happy;
- make our school a place where no bullying is allowed;
- help everyone to get on with each other and believe that everyone has the right to feel safe and be who they are;
- Make sure everyone follows the school rules, respects and understands each other;
- take any issues seriously, investigate and act upon them to make sure we stop any signs that may be the start of bullying & get help for the bully.



# Wootton Primary

## Anti-bullying leaflet

## School Council 2024-2025

**Respectful  
Empowered  
Aspirational  
Persevering**

## What is Bullying?

In our school a bully is someone who hurts someone, on several occasions, by deliberately using behaviour which is meant to hurt, frighten or upset another person. Bullying is usually the repetition (over and over again) of many small incidents and usually has three things in common:

- it is deliberately hurtful or threatening behaviour;
- it is repeated over time and
- it is difficult for those being bullied to defend themselves.

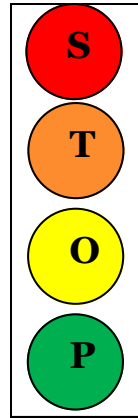


## Bullying can be...

- **Emotional:** Hurting people's feelings, leaving you out.
- **Physical:** Punching, kicking, spitting, hitting, pushing, pulling hair, tripping up, theft.
- **Verbal:** Being teased, name calling, being rude, being offensive, being sexist
- **Racist:** Calling you racist names.
- **Cyber:** Saying unkind things by text, email, or on social media.
- **Child on child:** teasing among children that can be passed off as 'banter' e.g. making an excuse saying 'it's only a joke'.

## When is it bullying?

### Bullying is...



**Several**

**Times**

**On**

**Purpose**



## WHO CAN I TELL?

- A friend
- A family member
- School council
- Headteacher
- Teachers
- Teaching Assistant
- Any other adult
- Someone that you trust
- Someone who has experienced it before
- Tell the Bully to STOP!

MOST IMPORTANTLY:

If you feel you are being bullied,

**‘REACH OUT ‘**

**and**

**‘Make some Noise!’**

START

TELLING

OTHER

PEOPLE