

Rebuild
reconnect
resilient
relationships



We show love, kindness and friendship here!

OUR PUPIL ANTI-BULLYING POLICY

**WE SAY
'NO TO BULLYING' HERE!**

We can all make our school is a safe place for us all!

**BULLYING IS SOMEONE BEING MEAN TO YOU
SEVERAL TIMES ON PURPOSE!**

SCHOOL NAME HERE

WHAT IS BULLYING?



Bullying is **one sided**- it is unkind behaviour that can happen to a person or persons, this is **unequal power!**
Bullying can take many forms:

- **VERBAL** - saying unkind things or saying mean words.
- **PHYSICAL** - doing unkind things, like hitting or kicking or pushing.
- **INDIRECT** - leaving you out of a game on purpose to upset you or ignoring you.
- **CYBER/ONLINE** - being unkind online.

If you think you are being bullied please tell someone!

BULLYING IS NOT FALLING OUT WITH A FRIEND!

Remember you don't plan to fall out with a friend and you both get upset-
that's **equal power**

How you can help?



You can be an UPSTANDER

Did you know you can help stop bullying?

If you see someone having a bad time you could follow the UPSTANDER code and Stand Up to bullying!

Be a Buddy- walk up to the person who is upset and say something like, **'Hey come and play with me!'** and walk away **with** them.

Interrupt - walk up to the person being bullied and say, **'Quick you're needed for this game!'** or **'Mrs Smith needs us to do a job!'** then walk away **with** them.

Speak Out- speak directly to the person who is bullying, **'Please don't do that, it's unkind!'**
Then walk away with the person who is upset.

Tell an adult- This is the best way of stopping bullying, adults cannot be everywhere, so you can help **if you see bullying by telling a teacher** or an adult you trust, when you see bullying behaviour!



Remember - Think before you speak, Kind Hands! Kind Feet!