

Do:

- Ask them to STOP if you can.
- Use eye contact and tell them to walk away.
- Ignore them.
- Walk away.
- Use the classroom worry monster if you are worried to speak openly about it.
- Talk to a friend.
- TAG 'Tell a Grown-Up'.



Don't:

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

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

- TAG 'Tell a Grown-Up' straight away.
- Do not get involved as you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.

All Grown-Ups in school work together to:

- Make our schools a place where everyone feels safe and happy. That means NO BULLYING is allowed.
- We will help everyone to get on with each other and treat each other equally, showing respect.



Children's Anti-Bullying Policy

What is Bullying?

A bully is someone who hurts someone else by using behaviours which are meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



Cyber: Saying unkind things by text, email or online.

Emotional: Hurting people's feelings, leaving you out.

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

Racist: Calling you names because of the colour of your skin or faith.

Verbal: Being teased, name calling.

When is it Bullying?



SEVERAL

TIMES

ON

PURPOSE

At The Hermitage Schools, we promise to always treat bullying seriously.

Who can I tell?

- A Teacher
- A Parent/Carer
- A Friend
- Lunchtime Staff
- Office Staff
- Friendship Friends
- Wellbeing Ambassadors.

MOST

IMPORTANTLY:

If you are being bullied:

Start

Telling

Other

People!