

## ABOUT BULLYING...

### What is Bullying?

- ❖ Bullying is intentional (not an accident). A bully hurts someone on purpose.
- ❖ Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an accident that happens only once.
- ❖ Bullying can be by one person or by a group of people.

### Bullying Can Be...

- ❖ Emotional: Hurting people's feelings, leaving you out, gossiping.
- ❖ Physical: Punching, kicking, pushing, damaging their belongings.
- ❖ Verbal: Name calling, teasing, offensive remarks, banter.
- ❖ Cyber: Saying unkind things by text, email or social media.
- ❖ Prejudice: Racial, religious belief, gender or disability.



### Who can I tell if I am being bullied?

There are many people at home and at school who you could tell, including:

- ❖ Parents/ carers.
- ❖ A friend.
- ❖ Teachers.
- ❖ Teaching Assistant.
- ❖ Miss Smith/ Miss Allen.
- ❖ Lunch time staff.
- ❖ Listening Ear.
- ❖ Any other trusted adult.



### MOST IMPORTANTLY

IF YOU ARE BEING BULLIED:

#### START TELLING OTHER PEOPLE



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

- ❖ Tell an adult straight away.
- ❖ Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- ❖ Don't stay silent or the bullying will keep happening.

### If you are bullied:

**DO:-**

- ❖ TELL SOMEONE
- ❖ Ask them to STOP if you can.
- ❖ Use eye contact and tell them to go away.
- ❖ Ignore them.
- ❖ Walk away.
- ❖ Talk to a friend.

**DON'T:**

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



### What will happen to a bully?

- ❖ Adults will get involved and help you solve the problems.
- ❖ Everything will be investigated full. We will work with the other child (or children) and tell them bullying is not acceptable ever and we expect the bullying to stop.
- ❖ Consequences will be given and the child's parents will be contacted.

## E-Safety

- ✘ Don't share any personal information online.
- ✘ Think carefully before posting pictures or videos of yourself. Once you've posted a picture of yourself online, it's not yours anymore.
- ✘ Never give out your passwords
- ✘ Don't meet up in person with people you've met online. Tell an adult immediately if someone suggests you should meet up.
- ✘ Never use your own photograph but use an avatar instead.
- ✘ Remember that not everyone online is who they say they are.
- ✘ Think carefully about what you say before posting online.
- ✘ Respect people's views. Even if you disagree with them, it doesn't mean you have to be rude.
- ✘ If you see something online that makes you feel uncomfortable or worried, leave the website and tell a trusted adult immediately.

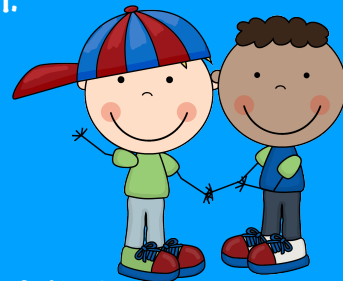


## What to do if I'm being bullied or see bullying online.

- ✘ Take a screen shot of any nasty messages or images that have been sent.
- ✘ Report the person and block them.
- ✘ Tell a trusted adult.
- ✘ Share the screen shots with school so action can be taken.
- ✘ Take time out from your device(S). Find time to take part in activities that don't involve technology.

## MOST IMPORTANTLY

- ✘ Don't suffer in silence, find somebody to talk to - you will feel immediately better.
- ✘ If you are going to be unkind, STOP AND THINK. Is there something kind that you could say instead of being nasty?
- ✘ If you haven't got anything nice to say, don't say it at all.



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# Child Friendly Anti-Bullying Policy

