



## What is Bullying?

There is a difference between someone being unkind once and bullying.

Bullying is when someone is being unkind **repeatedly**. It can happen **in school, out of school** or on the **Internet**.

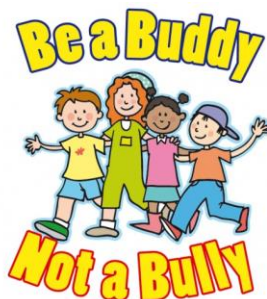


It can be:

- **Repeatedly** calling someone names
- **Repeatedly** hurting someone physically
- **Repeatedly** threatening to hurt someone
- **Repeatedly** ignoring and isolating someone

## What should you do if you see a person being bullied?

- Comfort them if they talk to you.
- Tell an adult or teacher.
- Tell the person to being bullied to ignore them or stand up to the bully.
- Tell their parent/carer, if they're not comfortable with doing it.



## Who can I tell?

Tell the nearest adult that you see, but make sure you know them.



- Teachers
- Dinner staff
- Teacher's assistants
- Family members

Also tell friends that you trust, because if you are unsure about trusting them, they might know the bully and tell them about the discussion.

## What should I do if I'm being bullied?

### DO:

- Ask them to STOP if you can
- Use eye contact to tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE – take action.



### DON'T:

- Do what they say
- Get angry or upset
- Hit them
- Think it is your fault
- Keep it to yourself





# Holymead Primary School

## Child-Friendly Anti-Bullying Policy

### Article 36

Children should be protected from any activities that could harm their development.

