

## If you are bullied:-

### DO:

- Tell them to STOP if you can.
- Tell them you don't like what they are doing.
- Use eye contact and tell them to go away.
- Walk away.
- Tell an adult.
- Tell a friend.



### DON'T:

- Do what they say.
- Get angry or look upset.
- Hurt them.
- Think it's your fault.
- Keep it to yourself.

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

- If it's safe, go up to the bully and tell them to STOP.
- Tell an adult.
- Don't stay silent or the bullying will keep happening.



The Head, the Governors, the staff and the School Council will work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

## What will happen to a bully?

Teachers will get involved and help them solve their problems. They can talk to their parents and talk to their friends.

**St John's Church of  
England Primary  
School, Lemsford**

## Anti-Bullying leaflet for children

**"I came that they may have life,  
life in all its fullness. "**

**John 10:10**



(Please also see our full Anti-bullying Policy on our website)

**St John's C of E Primary believes that all in our community should have the opportunity to flourish and be free from bullying:**

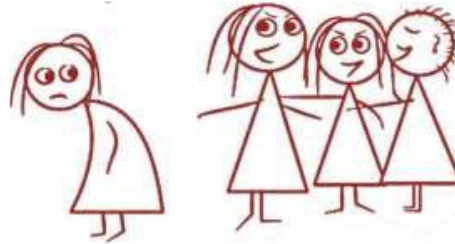
*"I came that they may have life, life in all its fullness."*

*John 10:10*

### **What is Bullying?**

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

is repeated frequently.



**Emotional:** hurting people's feelings,

leaving you out.

**Physical:** punching, kicking, spitting

hitting, pushing.

**Verbal:** being teased, name calling.

**Cyber:** saying unkind things by text, email and online.

**Racist:** calling you names because

of the colour of your skin.

### **When is it bullying?**

# Several Times On Purpose

**We promise to always treat bullying seriously.**

### **Who can I tell?**

A friend

Parents/Carers

Teachers

Play Leaders

Lunch time staff

Any other adult

**MOST IMPORTANTLY:-**

If you are being bullied:

**S**tart

**T**telling

**O**ther

**P**eople!