

If you are being bullied:

DO:

- Ask them to STOP
- Use eye contact
- Ignore them
- Walk away
- Use the classroom worry box if you are too scared to speak openly about it
- Talk to a friend
- TELL SOMEONE

DON'T:

- Do what they say
- Get angry or look upset
- Think it's your fault
- Use physical contact
- Start bullying other people because someone is bullying you



Cyber-bullying

Cyber bullying is bullying on text, email and social media

STOP!
BLOCK!
TELL!

Be Share Aware
Keep Safe on-line

Anti-Bullying Poem

Throughout life people will make you mad, disrespect you and treat you bad, let God deal with the things they do, the hate in your heart will consume you too.

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Anti-Bullying Policy

Written by the pupils at
Rothersthorpe

Several
Times
On
Purpose



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

What will happen to a bully?

Teachers and parents will get involved and help to stop the unkind behaviour. They will talk to everyone involved, as well as other teachers and parents.



What is Bullying?

- Hurting your feelings on purpose.
- Leaving you out/ignoring you.- excluding you on purpose.
- Hurting you physically: punching, kicking, spitting, hitting or pushing.
- Teasing you regularly.
- Name calling of any kind.
- Calling you names because of the colour of your skin, size, shape or features of your body, your gender, or any other reason.
- Saying unkind words and phrases to you.
- Using unkind facial or body gestures/expressions to you.
- Cyber: saying unkind things by text, e- mail and online.



Who can I tell?

- Teachers
- Teaching Assistants
- Lunchtime Staff
- Friends
- Buddies
- Parents
- Family
- Any other adult

Start

Telling

Other

People

