

If you are being bullied:

Do.....

- Use eye contact and tell them to go away and leave you alone.
- Ignore them and walk away.
- Act as if you do not care about what they say or do.
- Always remember it is NOT your fault and you



Don't.....

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them back.

What should I do if I see someone being bullied?

- ❖ Don't walk away and ignore the bullying.
- ❖ Let the bully know what is happening e.g I am going to tell an adult.
- ❖ Tell the bully S.T.O.P if it is safe to do so.
- ❖ Don't stay silent or the bullying will keep happening.

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

- ❖ Make our school \ place where everyone can feel safe and happy.
- ❖ Make sure any bullying is STOPPED.
- ❖ We will help everyone get on with each other.
- ❖ We believe everyone has the right to be who they are.

STOP BULLYING



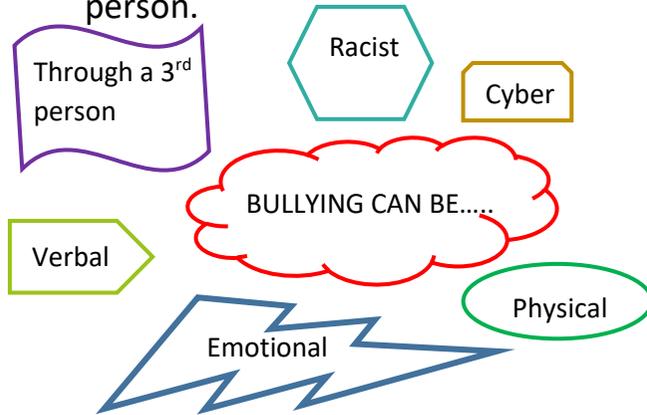
Nettleworth Child friendly Anti-bullying Policy



**'Proud to be me and be
the best I can be!'**

What is bullying?

At Nettleworth Infant and Nursery school a bully is someone who hurts someone more than once, by using behaviour that is intended to hurt, frighten or upset another person.



Emotional: Hurting people's feelings, bossing someone around and leaving people out.

Racist: Calling someone racist names.

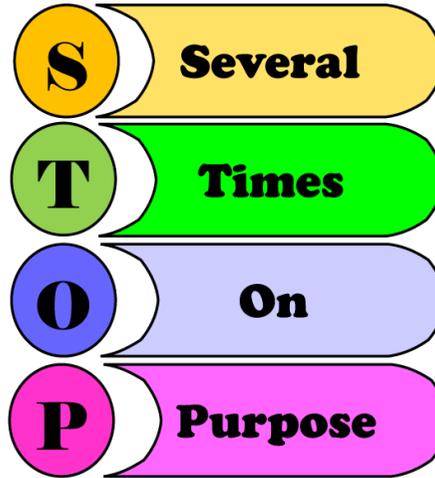
Physical: Punching, kicking, spitting, pushing, hitting and biting.

Cyber: Text, email, social media or games consoles.

Verbal: Teasing, name calling or hand signals.

Through a 3rd person: sending a friend with a horrible message.

When is it bullying?

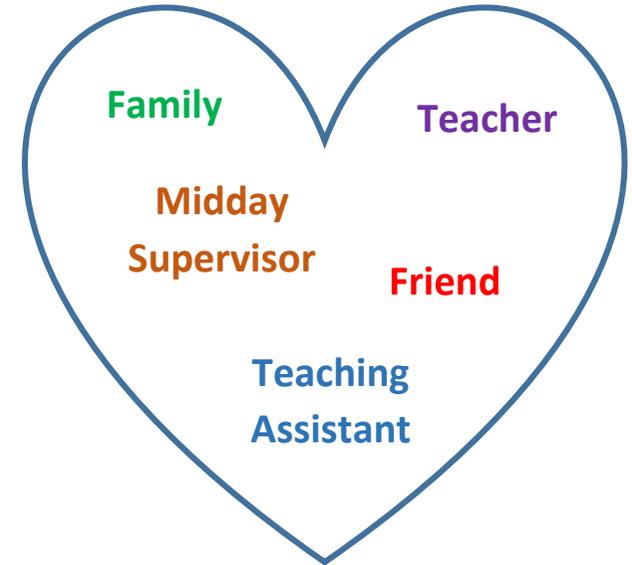


What will happen to the bully?

The teachers will get involved and help you solve the problem. They will talk to your parents, talk to your friends and make sure the bullying stops.

DON'T BE AFRAID TO ASK FOR HELP!

Who can I tell?



What should I do if I am being bullied?

**Start
Telling
Other
People**