

If you are bullied:-

DO:-

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- TELL SOMEONE and get help straight away.



DON'T:-

- Do what they say.
- Get angry or look upset.



- Hit them or be nasty back.
- Think it's your fault.
- Hide it and keep it to your self.

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

- Don't walk away and ignore the bullying.
- Tell the bully to stop, if it is safe to do so.
- Don't stay silent or the bullying will keep happening
- Don't lose your temper
- TELL SOMEONE !



What our school does to respond to bullying..

- We take bullying seriously
- We listen to the children involved and offer support
- We 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 feel safe and be who they are.



Ranelagh Primary School

Anti-Bullying Policy

What is Bullying?

In our school bullying is when someone hurts someone more than once by deliberately using behaviour which is meant to hurt, frighten or upset another person.

Bullying is **NOT**....

- Accidents
- Fallouts with friends
- Only happens one time
- Fighting (this is not accepted in school)



Bullying can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting, pinching and biting.

Verbal: Being teased, name calling, being rude saying unkind things

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, Whats app, Facebook, e-mail and messenger.

When is it bullying?



Several - S

Times - T

On - O

Purpose- P

Testimony from an ex year 6 child 'I was fed up of a boy in my class constantly calling me nasty names, so I decided to tell the teacher. Surprisingly, once the teacher spoke to him and his parents he decided to stop and we became friends.'

Who can I tell?

A friend

A family member

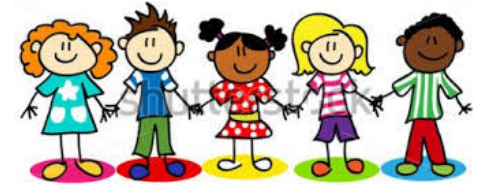
Teachers

School Council

Learning Mentor

Teaching Assistant

Someone that you trust



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MOST IMPORTANTLY:-

If you feel you are being bullied:

Start Telling Other People!

