

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Look them in the eye and tell them to go away.
- Walk away.
- Use the worry box if you are too scared to speak openly about it.
- Talk to an adult
- Talk to Playground Pals, School Council, Antistigma Ambassadors
- TELL SOMEONE.

DON'T:-

- Hide it, be silent or suffer on your own.
- Feel that the situation cannot be solved.

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.
- Speak to an adult
- Don't stay silent or the bullying will keep happening.

The Head, the Governors, the staff and the Playground Pals 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.

Dronfield Junior School



Anti-Bullying Policy

What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



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

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling, spreading rumours

Racist: Calling you racist names.

Cyber: saying unkind things by text, email, online messaging and by social media

When is it bullying?

Several
Times
On
Purpose



We promise to always treat bullying seriously.

Who can I tell?

A friend

Mum/Dad

Another relative

Teachers

Playground Pals

Lunch time staff

Any other adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!