

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.
- Use the STOP box if you are too scared to speak openly about it.
- Talk to the ABC.
- Talk to any grown up.
- Tell your friends.
- TELL SOMEONE!



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it is your fault.
- Hide it.

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

- Don't walk away and ignore the bullying.
- Tell an adult about what you have seen.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

The Principal, staff and the STOP team 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.



The Mease
SPENCER ACADEMY

Child Friendly 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.



Bullying can be.....

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

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Calling you racist names.

Cyber: Saying unkind things by text, e-mail and social networking.

When is it Bullying?

Several

Times

On

Purpose



Who can I tell?

A Friend

Mum/Dad

Teachers

STOP team

School friends

Lunch time Staff

Any Other Adult

MOST IMPORTANTLY...

if you are being bullied

Start Telling Other People!