

If you are bullied:-



DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Talk to a friend
- TELL SOMEONE.

DON'T:-

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

Change starts with us!

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

Do not be a bystander. If you see something, say something!

*Don't be a bystander,
be someone's hero!*

If you know of someone who is being bullied, TELL a trusted adult. Be a hero! Bullying doesn't stop on its own.

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

- Make our school a place where everyone can feel safe and happy. That means no bullying is allowed.
 - We will help everyone to get on with each other and we believe that everyone has the right to be who they are.
- We are united against bullying!**



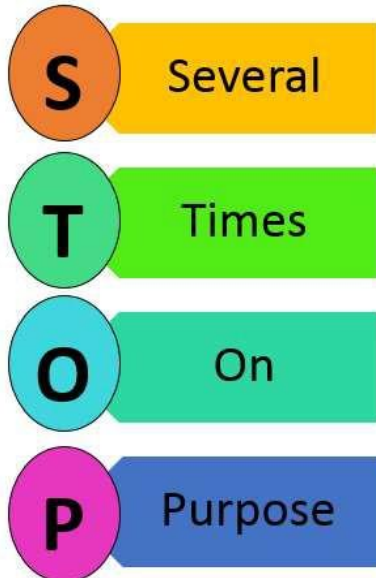
**WESTBURY PARK
SCHOOL**



**Anti-Bullying
guidance**

What is Bullying?

In our school a bully is someone who hurts, frightens or upsets someone more than once on purpose.



We always take bullying seriously.

Speak to a trusted adult!

Bullying can be.....

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

Physical: Punching, kicking, spitting hitting, pushing.

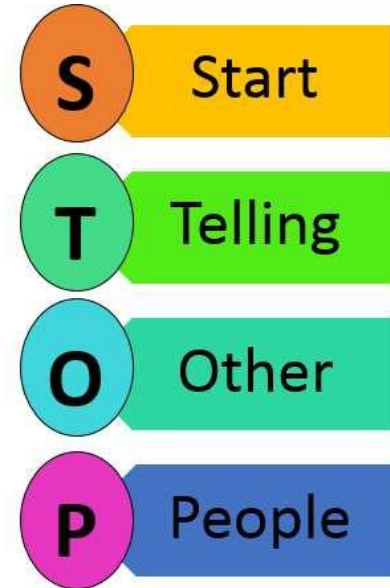
Verbal: Being teased, name calling.

Racist: calling you names based on the colour of your skin or where you come from..

Online: saying unkind things by text or online.



What can I do?



A Friend, Mum/Dad, Teachers, School Buddies, Lunch time Staff.

Any other trusted adult

MOST IMPORTANTLY:-

Start Telling Other People!