

Manor Primary School

Anti- Bullying policy for pupils **STOP!**



What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently. Remember-Several Times On Purpose **STOP**

Bullying can be.....

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

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

Verbal: Being teased, name calling.

Cyber: saying unkind things by text, email and online.

Racist: calling you names because of the colour of your skin.

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 it's your fault.
- Hide it.



Who can I tell?

- A friend
- Parents/Carers
- Teachers and teaching assistants
- School Playground Friends
- Lunch time Staff
- MOST IMPORTANTLY:-If you are being bullied: Start Telling Other People!

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

- Tell an adult straight away.
- Don't try and get involved –you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening

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

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get on with each other and we believe that everyone has the right to be who they are.

What will happen to a bully?

Teachers will get involved and help you solve problems. They will make sure the bullying stops and involve your families. Sometimes bullies need some help to stop.