



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.
- Talk to a friend.
- Tell a trusted adult.
- Keep text messages to show an adult.

### DON'T...

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.
- Reply to cyber bullying.

### What should I do if I see someone else 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; 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.

### What will happen to a bully?

Teachers will get involved and help the bully solve problems, talking to their parents and friends. They will be helped to think about how their behaviour has an impact on others.

## Manchester Communication Primary Academy



### Child Friendly Anti-Bullying Policy



## 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.



**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, e-mail and online;

**Racist:** Calling you names because of the colour of your skin or religious and homophobic beliefs.

## When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

## Who can I tell?

- A Friend
- Parents/Carers
- Teachers
- Teaching Assistants
- School Friends
- Any adult

**MOST IMPORTANTLY...**

If you are being bullied:

**Start Telling Other People**

