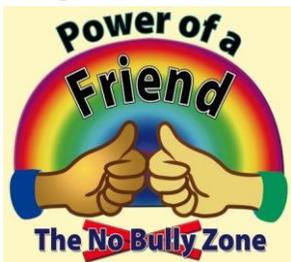


What should you do if you are being bullied?

- **Tell someone**
  - Walk away from the situation
  - Calm yourself down if you are angry
  - Find other people to spend time with

What should you do if you see someone being bullied?

- Tell an adult quickly
- Look out for the person being bullied
- Invite them to join your activities
- Be a good role model for how to be a good friend.



**Remember!**

**Do** tell someone if you're being bullied.  
**Don't** copy the behaviour of the bully.  
**Do** try and tell the bully to stop.  
**Don't** be a bystander, if you see bullying happening in school, report it.

What does it mean to be a good friend?

Share

Thoughtful

Kind



Respectful

Good Listener

Inviting

Play together

Work Together



Bramley Vale Primary School

Friendship and Anti-bullying  
Booklet



## What is bullying?

Bullying is when a person deliberately hurts someone else, mentally or physically, over and over again.

### What are the different types of bullying?

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.



We want to make our school a bully free school

## When is it bullying?

**S**everal

**T**imes

**O**n

**P**urpose

### What will happen to a bully?

If someone is being bullied all of the adults in school will do their best to help. Time will be given to allow children to talk with each other in a safe space with an adult. The adult will work with the children to try and solve the problem and stop the bullying.

If a person deliberately hurts someone else or uses bad language a level 4 will be given instantly to follow our school rules. If bad behaviour towards other children continues the playtimes will be taken away from that person and meetings with families will take place.

## Who can you talk to?

- Teachers
- Any adult in school
  - Mrs Heath
- Lunch time supervisors
  - Play leaders
  - Mums and Dads
- Other family members
- What's on your mind box
  - Friends
- Brothers and sisters
  - Grandparents
  - Diary
- Childline 0800 1111

