

# IF YOU ARE BEING BULLIED:

## DO .....

- ◆ **WALK AWAY**
- ◆ **TELL SOMEONE YOU TRUST TO HELP YOU**
- ◆ **REMEMBER IT IS NOT YOUR FAULT AND YOU ARE NOT ALONE.**



## DON'T .....

- ◆ **KEEP IT TO YOURSELF**
- ◆ **GET ANGRY AND HIT THEM!**
- ◆ **TOLERATE IT!**

# WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

- ◆ Don't walk away and ignore the bullying
- ◆ Tell the bully to STOP if it is safe to do so
- ◆ Don't stay silent or the bullying will continue

## AT THE GRANGE WE WILL .....

- ◆ All help each other
- ◆ All work together to STOP bullying
- ◆ Make everyone in our school feel safe and happy.
- ◆ Get on well together
- ◆ Respect and understand each other
- ◆ Believe everyone has the right to be who they are
- ◆ Follow The Grange Way at all times



Community Primary School

Where Children Come First

# WE DO NOT

# ACCEPT

# BULLYING

# OUR

# SCHOOL

## WHAT IS BULLYING?

At The Grange we think a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person either physically or emotionally,

It is someone that doesn't follow 'The Grange Way'

## WHEN IS IT BULLYING?

SEVERAL

TIMES

ON

PURPOSE

## WHAT WE CAN DO TO HELP?

At our school we will always treat bullying seriously. We will find a way to make it S.T.O.P so that you always feel safe and happy in & outside school.



**EMOTIONAL:** Hurting people's feelings, leaving you out, being bossed about.

**HOMOPHOBIC:** Calling you gay or lesbian.

**RACIST:** Calling you racist names

**VERBAL:** Being teased, name calling, hand signs, gestures

**PHYSICAL:** Punching, kicking, spitting, hitting, pushing.

## WHO CAN I TELL?

Headteacher

Mrs Duffy

The anti-bullying ambassadors

Teaching Assistant

Teacher

Mum, Dad, family member or Carer

Friend

Lunchtime Carer



**Any adult that you trust**

I care for everyone and everything

I listen to learn

I smile and say "hello"

I have a healthy and positive attitude

I work hard to challenge myself

This leaflet was reviewed in 2021