

## 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.
- Use the STOP box if you are too scared to speak openly about it.
- Talk to the ABC.
- Talk to any grown up.
- Tell your friends.
- TELL SOMEONE!



### DON'T:-

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

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

- Don't walk away and ignore the bullying.
- Tell an adult about what you have seen.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

**The Head, the Governors, the staff and the STOP team 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.

# Hilton Spencer Academy



## Child Friendly Anti-Bullying Policy



## What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

### 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 racist names. **Cyber:** Saying unkind things by text, e-mail and social networking.

## When is it Bullying?

**S**everal

**T**imes

**O**n

**P**urpose



## Who can I tell?

A Friend

Mum/Dad

Teachers

STOP team

School friends

Lunch time Staff

Any Other Adult

**MOST IMPORTANTLY...**

if you are being bullied

**Start Telling Other People!**