

If you are being bullied or you see someone being bullied...

You should:

- Let the bully know what is happening.
- Tell the bully to STOP if it is safe to do so.
- Tell an adult straight away.
- Keep evidence of any cyber bullying.



If you are being bullied remember it is not your fault.

Most importantly, if you are being bullied:

Start

Telling

Other

People



You should **NOT**:

Join in with the bullying.

Get involved.

Interfere.

Keep it to yourself.

Who can help you?

You can tell:

- A friend
- Your parents/carers
- A family member
- A teacher
- The Deputy Headteacher
- Your Headteacher
- An Assistant Headteacher
- Our Learning Mentors
- A Teaching Assistant
- The Lunchtime Staff
- Playground Pals
- The Governors
- An Anti-Bullying Ambassador
- Any other adult
- Someone that you trust
- Anybody near you

REMEMBER if you are being bullied or know someone else who is being bullied, you must tell **SOMEONE**. Don't try and deal with the bully yourself.

What will happen?

Your teacher will investigate and will tell the Headteacher or Deputy Headteacher.

What will happen to children who have bullied others?

They must think about how they made the other person feel.

They must say sorry to the person they bullied.

Their parents will be told.

They will be told that they cannot do it again.



