

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



### **DON'T :-**

- Do what they say.
- Get angry or look upset

### **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 Executive Principal,  
Inclusion team, the staff and  
the STOP team will work  
together to:-**

- Make our academy 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.

# **Ash Croft Primary Academy**



## **Child Friendly Anti-Bullying**



## What is Bullying?

In our academy 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.

**Identity:** saying unkind things about they have chosen to look or about personal choice they have made.

## When is it Bullying?

Several  
Times  
On  
Purpose



## Who can I tell?

A Friend

Mum/Dad

Teachers

School friends

Lunch time Staff

Any Other Adult

**MOST IMPORTANTLY...**

if you are being bullied

**Start Telling Other People!**