

If you are being bullied:-

DO:-

- Use the High 5 strategy
- 1) Ignore them
- 2) Talk friendly
- 3) Walk away
- 4) Talk firmly
- 5) Report it to a member of staff or an Anti-bullying Ambassador
- Use the classroom worry box if you are too scared to speak openly about it.



DON'T:-

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

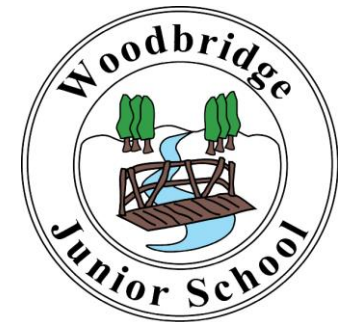
What should I do if I see someone else is being bullied?

- Tell an adult straight away.
- Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening

The Head, the Governors and the staff 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.

Woodbridge Junior School



Child Friendly Anti-Bullying Policy

What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



Emotional: Hurting people's feelings, leaving them out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Cyber: saying unkind things by text, e-mail and online.

Racist: calling you names because of the colour of your skin.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend

Parents/Carer

Teachers

School Buddies

Anti-bullying

Ambassadors

Lunch time Staff

MOST IMPORTANTLY :- If you

are being bullied: Start

Telling Other People!

