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What to do if you are bullied?

DO

- Make eye contact and tell the bully to stop.
- Ignore the bully and walk away.
- **Start Telling Other People.**

DON'T

- Do what the bully says.
- Let what the bully says or does, upset you.
- Get angry and hit them back.

5

What to do if someone else is bullied?

- Never walk away and ignore the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.
- If you can, and it is safe, tell the bully to stop, but never get angry or hit them.
- **Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.**

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How can I stop bullying from happening?

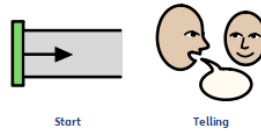
TELL SOMEONE

- Friends
- Class Teachers or TA's
- Phase leaders
- Assistant Headteacher
- Deputy Headteacher
- Headteacher
- Parents or Carers
- Family

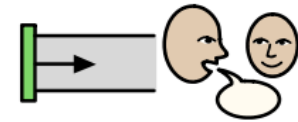
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Our Anti- Bullying Rules

- Help others in need.
- Be kind, friendly and respectful to others.
- Think about other people's feelings before we say or do something.
- Take part in circle time to talk.
- Raise awareness in Anti-Bullying Week.



STOP Policy



Start Telling



Other People

Our
Child Friendly Anti-Bullying Policy

Written by our
Anti-Bullying Council

October 2019

1 Feeling Safe and Happy at School

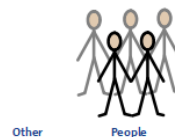
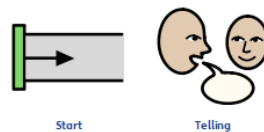
- At Rigby Hall School, we want everyone to feel safe and happy, in and out of school.
- Sometimes we don't know if something bad is happening so you need to tell someone.
- **Tell a parent, carer, friend or staff at school.**
- Our policy helps you to work out what to do if you feel you are being bullied or when you notice someone else being bullied.
- We are here to look after you.

2 What is Bullying?

A bully is someone who **hurts** another person **more than once** by using behaviour which is meant to **scare, hurt or upset** someone.

- It is important to remember that single problems and falling out with friends are not bullying.
- Bullying is **behaviour which is repeated on purpose and is meant to upset** someone.

Bullying is not an argument with friends about a game on a playground.



3 Types of Bullying?

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.

Racism means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexism means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Third Person Bullying can be done through another person, by one person asking another person to say nasty things.