

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.
- TELL SOMEONE.

DON'T:-

- Do what they say.
- Get angry or look upset.
- Retaliate, e.g. hurt them back in any way.
- Think it's your fault.
- Hide it.



If you see someone being bullied:-

DO:-

- Tell the bully to stop if it is safe to do so.
- TELL SOMEONE STRAIGHT AWAY.

DON'T:-

- Walk away and ignore the bullying.
- Stay silent or the bullying will keep happening.
- Lose your temper.

The Head Teacher, Governors, staff, School Council and all the children will work together to:-

- Make our school a place where everyone can feel safe and happy.
That means no bullying allowed!
- Help everyone to get on with each other because we believe that everyone has the right to be who they are.

The Hermitage School



How to deal with bullying....

What is Bullying?

Children will tease, fall in and out with each other, have arguments, stop talking to each other and agree and disagree about what's cool and what's not. **Don't worry**, this is a normal part of growing up and is not bullying.

Bullying is when someone **repeatedly** harms someone, by behaving in a way which hurts, frightens or upsets them.



Bullying can be.....

Physical: Pushing, kicking, hitting, punching, scratching, spitting, or any use of violence.

Relational: Hurting your feelings, leaving you out, turning friends against you.

Verbal: Name calling, teasing, put downs, sarcasm, insults, threats.

Racist: Being unkind about your race or language.

Cyber: Saying unkind things by text, e-mail and on the internet.

Sexist: Intimidating, demeaning or harming because of your sex or gender.

When is it bullying?

Several

Times

On

Purpose



At The Hermitage School we promise to always treat bullying seriously.

Who can I tell?

- A friend
- A family member
- Head boy or girl
- A member of the School Council
- A House Captain
- Our Head Teacher
- A Playground Friend
- A teacher
- A teaching assistant
- A member of staff on duty at lunchtime
- Any other adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!