

## 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?

**S**everal

**T**imes

**O**n

**P**urpose



**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!**