

If you are being 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 think it will sort itself out
- Remember it is not your fault



DON'T:-

- Do what the bully says
- Get angry or look upset
- Hit them or fight back
- Think it's your fault
- Hide it

At Thringstone, the Headteacher, the Governors and Staff 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 and we believe everyone has the right to be who they are.



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Anti-Bullying Leaflet

for Parents and Pupils

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 feeling, leaving you out

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling

Cyber: saying unkind things by text, email and online

Silent: Ignoring, excluding

Racist: Calling you names because of the colour of your skin

Homophobic: Dislike of non-conventional family structures, improper use of the word gay, supports gender stereotypes

When is it Bullying?

Bullying is something that happens several times on purpose.

Several

Times

On

Purpose

What can you do?

S Stand up to the bully and use your words to tell them to stop bullying.

T Take appropriate action to get away from the bully, go to an adult.

O Open up to a trusted adult.

P Protect yourself from bullies.

Who can you tell if you see or know someone that is being bullied

- School adults
- Parents or someone who looks after you
- A family member
- A trustworthy friend

MOST IMPORTANTLY ...

Start

Telling

Other

People

What we do at Thringstone when bullying happens.

We take every incident very seriously.

Teachers and the Headteacher get involved. Letters are sent home to parents and they are asked to have a meeting.

We keep children safe by keeping bullies in at break and lunchtime or provide adults to fully supervise them in school.

If bullying continues we will consider short/long term exclusion.