

What should I do if I am being bullied?

Start *T*elling *O*ther *P*eople

DO:

- Tell them to stop.
- Move away from them.
- Tell a friend.
- Tell a teacher or a trusted adult.
- REMEMBER it is not your fault.

DON'T:

- Retaliate or fight back.
- Do as the bully says.
- Hide it.
- Blame yourself.

Speak *T*o *O*ther *P*eople

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

- Tell a trusted adult straight away.
- Tell the bully to stop if it safe to do so.
- Be kind to the person being bullied.
- Reassure the victim that it is not their fault.

Several *T*imes *O*n *P*urpose

STOP
BULLYING
STAND UP. SPEAK OUT.



Brookfield Primary
School

Child-Friendly Anti-
Bullying Policy



We will all work together to **STOP** bullying.



By dealing with bullying, we will help everyone to:

- Be happy.
- Be kind to each other.
- Be friendly.
- Be respectful to each other.
- Feel safe.

What is bullying?

A bully is someone that hurts another person **Several Times On Purpose**.

This is by using words or behaviour that makes the victim feel upset or frightened.

Types of bullying:

- Emotional
- Physical
- Verbal
- Cyber
- Racist

Bullying is not:

- A fall out with a friend
- Unkind behaviour that only happens once
- An accident



Who can I tell when I need a helping hand?



We will always take bullying seriously.

There are lots of things that we can do to make people feel safe and happy.

The most important thing to do is to TELL SOMEONE.