

What should I do if I'm being bullied?

Start Telling Other People

DO:

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Act as though you don't care what they say or do.
- Talk to a friend.
- Tell someone and get help straight away.
- Use the classroom 'Things I would like to talk about' box if you are too worried to speak openly about what is happening.
- Visit 'Time to Talk'
- Remember it is NOT your fault.

DON'T:

- Get angry or fight back – try not to react.
- Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says.

Speak To Other People

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



- Tell an adult straight away. Don't stay silent or the bullying will keep happening.
- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

Several Times On Purpose



Child-Friendly Anti-Bullying Policy

Written by
Beeston Primary School
The Anti Bullying Ambassadors
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We will all work together to S.T.O.P. bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To be kind.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.
- To follow the Beeston Way and be **Ready, Respectful** and **Safe**.

What is bullying?

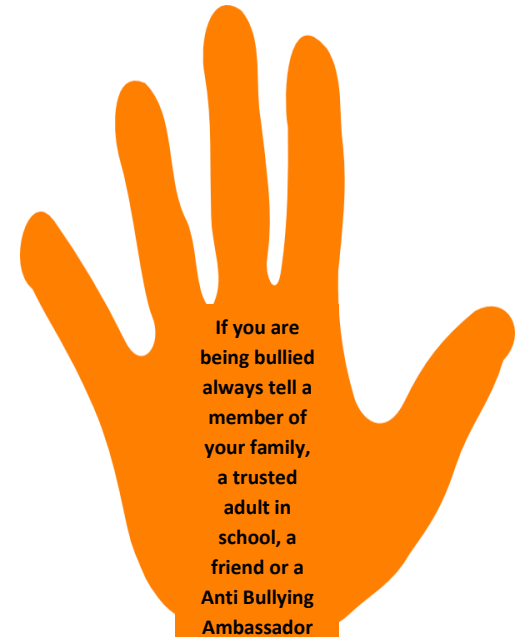
In our school, a bully is someone who hurts someone more than once, by using words or behaviour which makes them the victim feel upset or frightened.

- Emotional: Hurting people's feelings, leaving them out, being bossy.
- Physical: Punching, kicking, spitting, hitting, pushing.
- Through a third person: Sending a friend with unkind hurtful messages.
- Verbal: Being teased, name calling, rude comments swearing
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs, your culture or sexuality.
- Cyber: Saying unkind things by texts, e-mail, online or on social media.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.

Who can I tell when I need a Helping Hand?



Adults in school will always treat bullying seriously.

They will talk to the bully and explain that they **MUST** stop this unacceptable behavior. They will have a restorative conversation with the bully and speak to their parents. Hopefully with support the bully will reflect and will stop being unkind as being **respectful** and keeping each other **safe** is an expectation in our School.