

If you are bullied:-

DO:-

- Ask them to stop
- Use eye contact and tell them to go away

DON'T:-

- Do what they say
- Get angry
- Retaliate
- Think it's your fault
- Hide it



What should I do if I see someone else is being bullied:-

- Don't walk away and ignore the bully
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

Bullying isn't:-

- ❖ Falling out with a friend
- ❖ Misunderstanding
- ❖ Dislike (general person)
- ❖ If your friend plays with someone else at playtime
- ❖ Accidentally hurting someone (verbally or physically)
- ❖ Rarely teasing or saying mean words

**Our Headteacher, the staff and Governors will work together to keep St Gabriel's a happy and safe place where we all can enjoy school.**

### **Our School Values**

**Be Respectful**

**Be Kind**

**Be Polite**

**Be Safe**

**Be Your Best**

**Respect everyone.**



**'Be a buddy not a bully'.**

# St Gabriel's Catholic Primary School



## Child-friendly Anti-Bullying Policy

**'Bullying is not welcome at St Gabriel's'**

*St Gabriel's School Council 2016*

### What is bullying?

We believe in our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten, upset or forces them to do something they don't want to do.

### Types of bullying...

- ✚ Emotional: Hurting people's feelings, leaving you out.
- ✚ Physical: Punching, kicking, spitting and hitting.
- ✚ Verbal: Being teased, name calling.
- ✚ Cyber: Saying unkind things by text, e-mail and messenger or any other social network or online.

### When is it bullying?

**S**everal **T**imes **O**n **P**urpose

### Who can I tell?

- ✓ A friend
- ✓ A family member
- ✓ Teachers
- ✓ Lunch time staff
- ✓ Any other adult
- ✓ School Council
- ✓ Mr Byrne

Our school works together to challenge bullying by:

- Following our school values
- Treating others how you would like to be treated
- Show the bully they are in the wrong
- Doing things that stop bullies e.g. KiVa
- Our lead person on 'Anti-Bullying' is Mr Byrne