

If you are bullied

DO



Ask them to **STOP** if you can.

Ignore them.

Walk away.

TELL SOMEONE!

DON'T



Do what they do.

Get angry .

Hit them.

Think it's your fault.

Hide it.

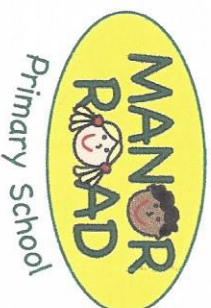
What should I do if I see someone being bullied?

Don't walk away and ignore it.

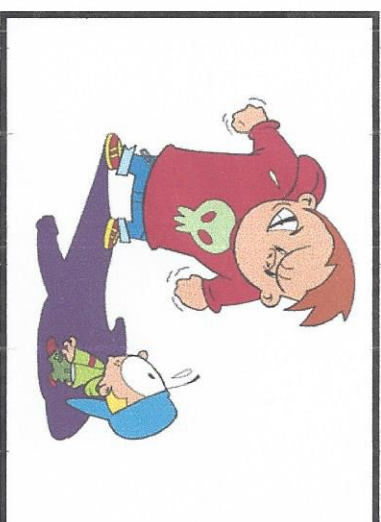
Tell an adult in school.

Don't stay silent.

Be a good friend and be supportive.



**Child Friendly
Anti-Bullying
Policy**



**Designed by the
Rights Respecting
Council**

What is bullying?



In our school a bully is someone who hurts someone several times, by using behaviour which is meant to hurt, frighten or upset another person.

Our aim is to work together to S.T.O.P bullying.



Definitions

Bullying can be...

Emotional: Hurting people's feelings,

Physical: Punching, kicking, spitting, hitting, pushing.

Verbal: Being teased, name calling, hand signs.

Racist: Calling you racist names.

Cyber: Texts, emails, online messages.

Homophobic: Calling you gay or lesbian.

Through a 3rd person: Sending a friend with

horrible messages.

When is it bullying?

S.T.O.P



- S = SEVERAL
- T = TIMES
- O = ON
- P = PURPOSE
- If you get bullied several times on purpose you should tell an adult. If another child comes up to you and calls you a name once it is not bullying!

What your school can do to help...

Manor Road will always treat bullying seriously.

They will try to find a way to make it S.T.O.P so that you can feel safe and happy in school.

