

Who can you tell?

Your teachers

Your friends

Parents or someone at home

Adults in school

Lunch time staff

Grandma/Granddad/Aunty/Uncle

Cyber mentors

School council members

Child Line 0800 1111

Start
Telling
Other
People

What will the school do?

Our school will always take bullying seriously.
Adults will teach all children about bullying
through PSHE and assemblies.

**If you are being bullied, the adults in school
will....**

LISTEN and write down what you say and ask
you how you are feeling.

TALK to everybody involved.

Talk to **PARENTS** about what has been
happening.

Ask **MIDDAY SUPERVISORS** to look after you
keep a close eye on you.

Decide what
PUNISHMENT is right for those involved.

LOOK OUT for any changes in behaviour in
case it happens again.

KEEP IN TOUCH and check that you are feeling
better and getting on better.

Set up **WORRY BOXES** for children who are
afraid to tell an adult face to face.

Keep lists of serious incidents and **REPORT**
these to our parents.



Park Lane Primary & Nursery School



Anti Bullying Policy

Written by the children of
Park Lane Primary School Nov 2015

What is bullying?

Bullying is a form of abuse.

It can be:

Emotional: Hurting your feelings, leaving you out of games.

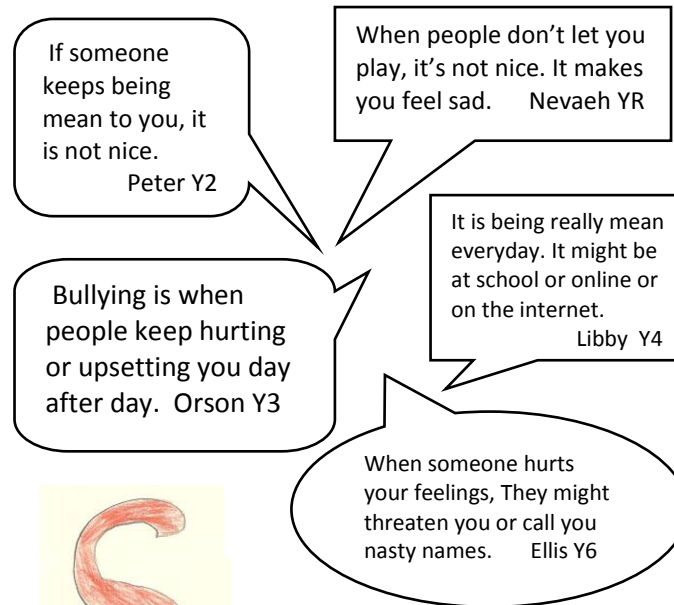
Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Calling you names, teasing in a nasty manner.

Cyber: Saying unkind things by text, email and online.

Racist: Calling you names because of the colour of your skin or your religion.

When is it bullying?



several
times
on
purpose

What do you do?

DO

- Tell them to STOP.
- Tell them you don't like it.
- Walk away and ignore them
- Go and tell someone **straight away**
- Talk about it with your family so they can tell school
- Tell a teacher or an adult in the school.
- Put a note in the worry box.
- Keep evidence if it's cyber-bullying
- Go to see a cyber mentor.
- Ring Childline for advice
- 0800 1111

DON'T

- Keep it a secret
- Worry
- Think that it is your fault.
- Listen to what the bully says
- Don't hurt them back or get angry.
- Try to sort it out by yourself