

Ashton Vale Primary School Anti-Bully Policy



In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be.....

Emotional: Hurting people's feelings, leaving you out, making you feel bad.

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

Verbal: Being teased, name calling, being rude.

Racist: Calling you racist names, graffiti.

Cyber: Saying unkind things by text, email, social media.

When is it bullying?

Several

Times

On

Purpose

Think before
you speak!

Remember some things you say to
someone may be said to try and be funny
but it may be hurtful to that person.

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IF ARE YOU BULLIED

DON'T

- ⊘ Do what they say.
- ⊘ Get angry or look upset.
- ⊘ Hit them.
- ⊘ Think that it is your fault.
- ⊘ Hide it.
- ⊘ Do not retaliate.

DO

- ✓ Ask them to stop if you can.
- ✓ Use eye contact and tell them to go away.
- ✓ Ignore them.
- ✓ Walk away.
- ✓ **TELL SOMEONE!**

MOST IMPORTANTLY

If you feel you are being bullied:

**Start
Telling
Other
People**

Who Can I tell?

A friend

A family member

School council

Head Teacher

Someone you trust

Lunch time staff

Digital Leader

Any teacher

Anybody near you



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

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

The Head Teacher, Governors, Staff and School Council will work together to:

- Make our school a place where everyone can feel happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.