

## What is Bullying?

At Easton CE Academy, we think bullying is when someone hurts someone else frequently, by using behaviour which is meant to frighten or upset.

Bullying can be....

Emotional: Hurting people's feelings, leaving people out

Physical: Punching, kicking, spitting and pushing.

Verbal: Teased and name calling.

Racist: Graffiti, calling you racist names.

Cyber: Saying unkind things by text, e-mail, facebook and msn messenger.



## When is it Bullying?

Bullying usually happens when somebody else is different to you or is jealous.



## Child Friendly Anti-Bullying Policy

## What should I do if I am bullied?

### DO:

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE

### Don't:

- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Keep it to yourself
- Take it personally

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

- If it is safe, go up to the bully and tell them to STOP
- Tell an adult
- Don't act like nothing is happening take action



## Who can I Tell?

- Friend
- Your class teacher
- Mum or Dad
- Head teacher
- Dinner Lady
- Any other adult

We want our school to be a place where everyone can feel safe and happy.

**No Bullying  
Allowed**