

## What happens to a bully?

As everyone knows, bullying is horrible so bullies few friends. They have lost them because they have bullied someone else and that is not a kind thing to do.

Teachers and parents will monitor and counsel the bully and will discuss what should happen to him/her. E.g. lose lunch time or something more serious. If it normally happens at lunch times or playtimes then the bully might miss or go home for that time.

If it is quite serious, the bully might be excluded (sent out of school for a period of time, or sent to work in a different place on their own).

People who bully are often unhappy about something, or hiding something. Teachers will try to find out what this is and they will always give an opportunity to apologise and make it right.



## If you see bullying:

### Do...

- Tell your teacher or a trusted adult
- Tell your friends then stand up to the bully together along with the victim as long as you don't do anything wrong
- Offer your help by standing up to the bully so victim doesn't feel alone
- If the victim has no-one to play with at playtimes, then say that he/she can play with you: offer them advice
- ALWAYS TELL STRAIGHT AWAY



### Don't:

- Stay silent and do nothing otherwise the bullying will keep on carrying on
- Fight back or show aggression, which may make the situation worse. Be confident and courageous but not confrontational
- Let them make you feel bullied or like it's your fault

## Child-friendly Anti-Bullying Policy



**Produced by School Council**

## If you are being bullied:- Do...

- Tell your teacher or someone you trust
- Ask a friend for help/backup
- Stand up for yourself, calmly
- Ask them to STOP, if you can

**S**tart

**T**elling

**O**ther

**P**eople



## Don't...

- Fight back
- Argue
- Keep the fact that you are being bullied a secret
- Let them bully you
- Do what they say
- Think it's your fault

## What isn't bullying:

If someone kicks, hits or pushes you once, that isn't bullying, that is someone being mean to you. Also, if you just fall out with your friend, that isn't bullying. However, if they do it again and again, that is bullying.

## When is it bullying?

**S**EVERAL

**T**IMES

**O**N

**P**URPOSE



## What is bullying?

Bullying is when someone or a group are deliberately unkind or mean. It is something that happens again and again. There are lots of different types of bullying.



**Physical:** Punching, kicking, hitting or any unwanted physical actions

**Emotional:** Hurting people's feelings, being left out

**Verbal:** Threatening, teasing or calling names

**Cyber:** saying nasty things by phone or online

**Targeted:** deliberately picking on people because of what they look like, their beliefs, religion, family background, race, gender or age – or any other special aspect of someone's life