

## What should I do if I'm being bullied?

### DO...

- Always tell someone you trust.
- Tell a teacher or an adult at school
- Write a note about the bullying and put it in the feelings box.

Telling an adult will never make the bullying worse. They will speak to you and the bully to find ways to stop the bullying.



### Don't...

- Do what they say.
- Get angry or look upset.
- Retaliate.
- Think it's your fault.

At Hamstel, individual wellbeing comes first. We care and want to develop positive behaviours where both staff and pupils respect and value differences and diversity. Our school is a place where every person has the right to be themselves, to be included and to learn in a safe and happy environment. Everyone at our school is equal and should treat one another with respect and kindness.



## What should I do if I think someone is being bullied?

- Talk to the person and ask if they're ok. Try to find out if they are being bullied.
- Help them talk to a teacher or an adult.
- Don't ignore the bullying.
- Let the bully know what they are doing is wrong.
- Tell the bully to stop if it is safe to do so.



# Hamstel Infant School and Nursery



## Anti-Bullying Policy

## What is Bullying?

At Hamstel, we understand that someone is being bullied if a person is **purposely** being spiteful or mean to someone on a **regular basis**.

A bully is someone who hurts someone **more than once**, by using behaviour which is meant to hurt, frighten or upset another person.

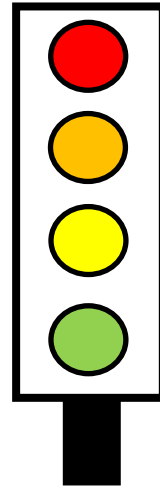
Think it's your fault.



- \* **Physical** – such as hitting or physically intimidating someone
- \* **Attacking property** – such as damaging, stealing or hiding someone's possessions
- \* **Verbal** – such as name calling, spreading rumours, using derogatory or offensive language or threatening someone
- \* **Psychological** – such as deliberately excluding or ignoring people
- \* **Online** – such as using text, email or other social media to write or say derogatory or offensive things.

## When is it Bullying?

When one person or a group are being **unkind** and **hurting** someone on **purpose on more than one occasion**.



**SEVERAL**

**TIMES**

**ON**

**PURPOSE**

## What should I do if I'm being bullied?

If you are being bullied it is important to **tell someone** you trust. If you tell a teacher or an adult at school they will help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.

**You can also write a note about the bullying and put it in any classroom in the feelings box.**

## Who can I talk to?

**Mr Roche**

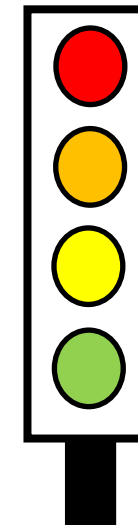
**Mrs Bryant**

**Mrs Tracy**

**A teacher or TA**

**An MDA**

**A friend, parent or carer**



**START**

**TELLING**

**OTHER**

**PEOPLE**

**CHILDLINE 0800 1111**

**You can call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said.**