If you are being bullied or you see someone being bullied...

You should:

- Let the bully know what is happening.
- Tell the bully to STOP if it is safe to do so.
- Tell an adult straight away.
- Keep evidence of any cyber bullying.

If you are being bullied remember it is not your fault.

Most importantly, if you are being bullied:

Start

Telling

Other

People

You should **NOT**:

Join in with the bullying.

Get involved.

Interfere.

Keep it to yourself.



Who can help you?

You can tell:

- A friend
- Your parents/carers
- A family member
- A teacher
- The Deputy Headteacher
- Your Headteacher
- An Assistant Headteacher
- Our Learning Mentors
- A Teaching Assistant
- The Lunchtime Staff
- Playground Pals
- The Governors
- An Anti-Bullying Ambassador
- Any other adult
- Someone that you trust
- Anybody near you

REMEMBER if you are being bullied or know someone else who is being bullied, you must tell **SOMEONE**. Don't try and deal with the bully yourself.



What will happen?

Your teacher will investigate and will tell the Headteacher or Deputy Headteacher.

What will happen to children who have bullied others?

They must think about how they made the other person feel.

They must say sorry to the person they bullied.

Their parents will be told.

They will be told that they cannot do it again.



What is bullying?

Bullying is hurting someone else by using behaviour which is meant to hurt, frighten or upset them. This behaviour is repeated frequently.

Types of bullying?

Bullying can be...

Physical: hitting, punching, biting, kicking, spitting, pushing, pinching, shoving or taking things that belong to someone else.

Verbal: being teased, name calling, saying things behind a person's back.

Cyber: saying unkind things by text, email or online.

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

Emotional: speaking unkindly, hurting people's feelings, bossing people about, making things up about someone or leaving people out.

Bullying is not...

- Accidents
- Falling out with friends
- Only happening once



Roberts Charter

Our Roberts Charter helps stop bullying by showing children and adults how to behave. Our Roberts Charter is:

- Respect; looking out for each other and our environment.
- Cooperation; working together.
- Reasoning; being able to work things out.
- Communication; explain their thinking to others.
- Resilience; not giving up when the going gets tough.
- Curious; asking questions and investigating further.
- Reflect; thinking about and learning from successes and failures.

Roberts Primary School child friendly anti-bullying policy 2018 - 2019







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Purpose

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If a friend shows a frown, help turn it upside down. Being bullied is not fun, seek help by telling someone!