

## WHAT DO WE MEAN BY BULLYING?

Bullying arises from a wish to hurt, threaten and frighten someone else, often repeated over a period of time. It can be:

- **Physical**, involving pushing, pinching, hitting or kicking
- **Verbal**, involving name calling, teasing, taunting or threatening
- **Silent**, involving the isolation of the victim by ignoring them, or excluding them from group activities
- **Rude gestures**
- **Deliberate damage** to the victim's property, or taking that property without permission
- **Intimidation**, behaving in a way which other members of the school community find threatening
- **Written**, text messages or written on social network sites which causes upset or fear.

There is no place for bullying in school. It does not sort itself out. Staff, children, parents and governors need to work together to make school life happy and secure.

## BULLYING

**We do not tolerate bullies in our school.**

### What is a bully?

A bully is someone who often picks on you either upsetting or frightening you. They may hurt you, call you names, take things from you or try to make you do things you do not want to do.

### What to do if you think you are being bullied:

1. Tell someone about it. A teacher, other adult, your parents or a friend.
2. Remember-if you keep quiet the bully wins.
3. Try not to be on your own.

### What to do if you see someone else being bullied:

1. Tell an adult.
2. Make sure an adult at school knows about what has happened.

### Remember our School Code of Conduct

- ★ Deal with others in a respectful way
- ★ Treat the work and property of yourself, others and the school with care.

If everyone follows these rules there will be no bullying in our school.

## ***Bullying- Don't suffer in silence***

Information for pupils

### **If you are bullied**

- Be firm and clear and tell them to stop
- Get away from the situation as quickly as possible
- Tell an adult what has happened straight away

### **Afterwards**

- Tell a teacher or other adult in school
- Tell your family
- If you are scared to tell an adult on your own, take a friend

**SOMERBY  
PRIMARY SCHOOL**

**ANTI-BULLYING POLICY**

**PUPILS' BOOKLET**

