### What is bullying?
A bully is someone who hurts someone else continually by using behaviour which is meant to hurt, frighten or upset another person.

### Bullying is not...
- Accidents
- Fighting
- Falling out with friends
- Only once

### Bullying can be...
- Emotional: hurting people’s feelings
- Verbal: name calling or teasing
- Physical: punching, kicking spitting, pushing, hitting or biting
- Written: letters, notes, graffiti
- Cyber: saying unkind things by text, email and social media

### When is it bullying?
**Several Times On Purpose**

### What will the school do if someone is being bullied?
Everyone is expected to follow our school agreement in this policy. If it is broken, the staff will support the person who has been bullied.

The bully will also be expected to spend time reflecting on their poor choices and will face consequences, Mrs Spencer-Smith will contact their parents to ensure this behaviour does not continue.

### Who can I tell?
- Tell someone you trust
- Teachers
- Meal Time Assistants
- Teaching Assistants
- Headteacher
- Childline
- Parents
- Friends
If you are bullied:

**Do...**
- Ask them to STOP if you can.
- Use eye contact to tell them to go away.
- Try to ignore them.
- Just walk away.
- TELL SOMEONE.

**Don’t...**
- Do what they say.
- Get angry or look upset.
- Don’t hit them.
- Think it’s your fault.
- Keep it to yourself.

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

- Don’t ignore the bullying
- Tell the bully to STOP if it is safe to do so.
- Tell someone—or the bullying will continue.

Everyone in our school, including the Head Teacher, teachers, staff and pupils will work together to:

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get along with each other because we believe that everyone has the right to be who they are and be safe.
- Use our Christian Values to help us to make good choices.