



Happiness and Friendship



Be ready

Be respectful

Be safe



**St. Polycarp's Catholic Primary School
Information Booklet**

What is Bullying?

Bullying behaviour is when someone hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.

Emotional: hurting people's feelings, leaving you out.

Physical: punching, kicking, spitting, hitting, pushing.

Verbal: being teased, name calling.

Cyber: saying and sending unkind things by text, email, online.

Racist: calling someone names because of the colour of their skin.



What if someone else is being bullied?

- tell an adult straight away
- don't try and get involved
- don't stay silent or the bullying will keep happening.

All the staff and governors will work together to:

- make our school a safe and happy place for everyone
- help everyone to get on with each other
- ensure everyone has a right to be who they are.

Incidents will be investigated and appropriate actions taken to ensure that the children feel safe and listened to.

When is it bullying?

Several

Times

On

Purpose

We will always take bullying seriously.



If you are bullied:

Do:

- ask them to **STOP** if you can
- use eye contact and tell them to go away
- ignore them
- walk away
- talk to your teacher or TA
- use Mrs. Best's worry box
- talk to a responsible and trusted friend
- TELL SOMEONE.

Don't:

- do what they say
- get angry or look upset
- hit them
- think it's your fault
- hide it.

Who can I tell?

- a friend
- parents/carers
- teachers/school staff

Most importantly if you are being bullied:

Start

Telling

Other

People

