

Children's Version
What to do if you are being bullied

Anderton Primary School

Aims

Everyone at Anderton Primary School does not agree with bullying. Everyone will work hard to stop bullying. If bullying happens we will tell a trusted adult.

Definition

Bullying is any act that you do not like that is done to you and is repeated over and over again over a length of time.

Bullying can be

- Name calling
- Consistently distracting someone during lesson time
- Being unfriendly
- Ignoring someone
- Deliberately leaving people out of things
- Being a bystander
- Hitting
- Pushing
- Kicking
- Tripping people up
- Racism
- Unwanted touching
- Name calling because of sexuality
- Cyber bullying

What to do if you are being bullied

Tell a trusted adult-or a trusted friend. This can be anyone you feel comfortable talking to. If a friend speaks to you about a bullying issue you must tell a trusted adult.

The adult will decide if the problem is bullying or a one off incident.

The adult will talk to the children involved and decide a plan of action.

The children involved will need to apologise for their actions.

If it is appropriate the children will get together with an adult to talk through the incident.

Parents will be told about the bullying. The adult will let the parents know what has happened and what has been decided.

The bullies will need a punishment such as:

- Writing a letter to say sorry
- Missing playtimes

A week after the incident an adult will speak to the children again to ensure that there are no further problems.

An adult will ring the parents to reassure them there are no further problems.

Remember- **TELL** if you are being bullied or if you see someone else being bullied.

Written in November 2013 by the School Council

Reviewed in November 2015 by KS 2 children