IF YOU ARE BEING BULLIED:

DO.....

- USE EYE CONTACT AND TELL THEM TO GO AWAY
- IGNORE THEM
- WALK AWAY
- ACT AS THOUGH YOU DON'T CARE WHAT THEY SAY OR DO
- REMEMBER IT IS NOT YOUR FAULT AND YOU ARE NOT ALONE.
- TELL SOMEONE YOU TRUST STRAIGHT AWAY

DON'T.....

DO WHAT THEY SAY!

LOOK UPSET OR CRY!

GET ANGRY AND HIT THEM!

WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

- Don't walk away and ignore the bullying
- Tell the bully to STOP if it is safe to do so
- Don't stay silent or the bullying will continue

AT THE GRANGE WE WILL .....

- All help each other
- All work together to STOP bullying
- Make everyone in our school feel safe and happy.
- Get on well together
- Respect and understand each other
- Believe everyone has the right to be who they are
- Follow The Grange Way at all times

THE GRANGE
Community Primary School

Where Children Come First

WE DO NOT ACCEPT BULLYING

OUR SCHOOL

WHAT IS BULLYING?

At The Grange we think a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

It is someone that doesn't follow 'The Grange Way'

WHEN IS IT BULLYING?

SEVERAL

TIMES

ON

PURPOSE

WHAT WE CAN DO TO HELP?

At our school we will always treat bullying seriously. We will find a way to make it S.T.O.P so that you always feel safe and happy in & outside school.

EMOTIONAL: Hurting people's feelings, leaving you out, being bossed about.

HOMOPHOBIC: Calling you gay or lesbian.

RACIST: Calling you racist names

VERBAL: Being teased, name calling, hand signs, gestures

PHYSICAL: Punching, kicking, spitting, hitting, pushing.

CYBER: Text, E-mail, Facebook. Roblox, Snapchat, What'sApp, Instagram

THROUGH A 3RD PERSON: Sending a friend with horrible messages

WHO CAN I TELL?

Head teacher

Miss Dunleavy

Teaching Assistant

Teacher

Mum, Dad, family member or Carer

Friend

Lunchtime Carer

I care for everyone and everything

I listen to learn

I smile and say "hello"

I have a healthy and positive attitude

I work hard to challenge myself

This leaflet was reviewed and agreed by The Grange Student Council April 2017