

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

Don't walk away and ignore the bullying.

- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

### The Bottesford Bully Busters

- We will all work together to **S.T.O.P.** bullying.
- We want our school to make everyone feel safe and happy.
- Bullying can make people feel frightened and unhappy.
- To deal with bullying in schools, we will help everyone:
  - ✓ To get on well together
  - ✓ Respect and understand each other
  - ✓ To believe that everyone has the right to be who they are.



[www.beyondbullying.com](http://www.beyondbullying.com)

Childline - 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

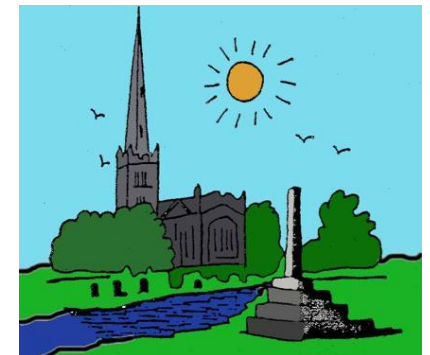


## Bottesford Bully Busters



Designed by Millie Burton

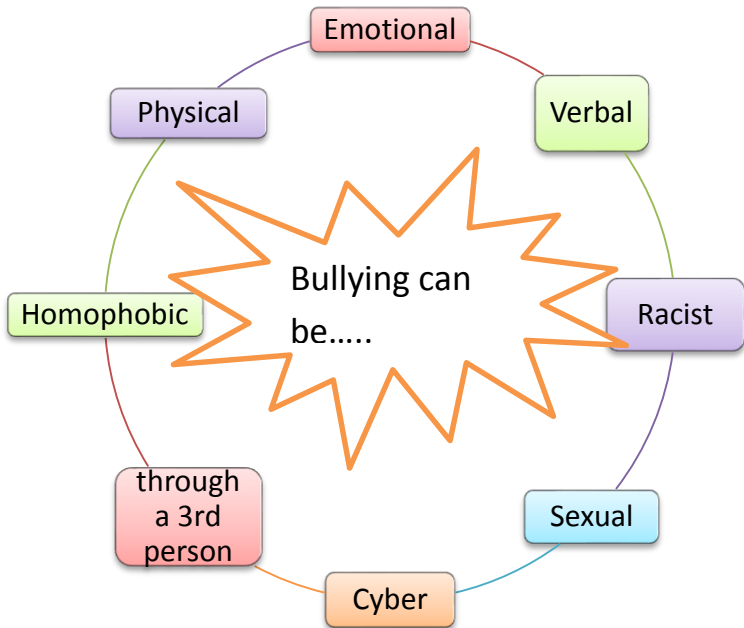
### Bottesford C of E Primary School Friendship Policy



## What is bullying?

In our school, a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.

## When is it bullying?



**Prejudice:** Racist, sexist, singling out people for their differences.

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

**Physical:** Punching, kicking, spitting, hitting, pushing.

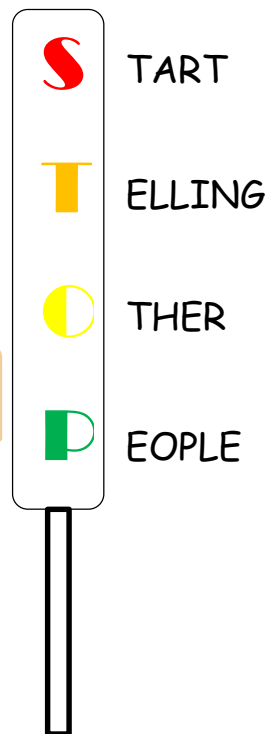
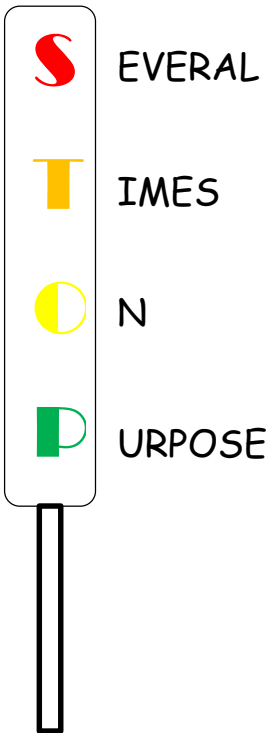
**Homophobic:** Calling you gay or lesbian.

**Through a 3rd person:** Sending a friend with horrible messages.

**Verbal:** Being teased, name calling, hand signs

**Cyber:** texts, e-mail, social media.

**Sexual:** Rude comments, touching you when you don't like it.



## Who can I tell?



## What should I do if I am bullied?

- ✓ 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

### Try not to

- Do what they say
- Look upset or cry.
- Get angry or retaliate