

Forefield Junior School

Anti - Bullying Policy for Children



What is bullying?

Bullying is when someone
does something repeatedly
to deliberately hurt you:

name
calling

hitting

spreading
rumours

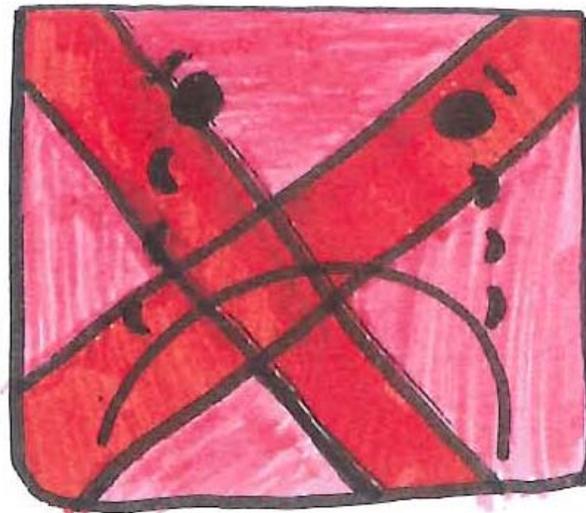
taking or
damaging
someone's
things

cyber-bullying:
texts, emails
or websites

It is bullying if you feel hurt because of things said or
done to make you feel different.

It is bullying if it is done repeatedly and on purpose.

What to do if you are being bullied:



- be firm and clear – look them in the eye and tell them to stop;
- get away from the situation as quickly as possible;
- tell a teacher or friend what has happened;
- tell your family;
- keep on speaking up until somebody listens;
- don't blame yourself for what has happened;
- don't suffer in silence.
- If you do not feel that you can talk to anyone in school or at home, contact Childline (0800 11 11) or another anti-bullying agency.

What to do if you see bullying happening:

- don't allow someone to be deliberately left out of a group or game;
- don't smile or laugh when someone is bullied;
- tell a member of staff what is happening;
- encourage the victim to join in or play with you and your friends;
- tell the bully to stop what they are doing;
- show the bully you don't like what he/she is doing;
- never support a bully or be tempted to join in what they are doing.
- If you do not feel that you can talk to anyone in school or at home, contact Childline (0800 11 11) or another anti-bullying agency.



Friends!
✓ ✓ ✓

{ Make friends **NOT** Enemies! }

Sticks and stones may break my bones... 

But words could really hurt me.



Bullying is not falling out with your mates,

Bullying is not occasional name calling,

Bullying is not having an argument,

Bullying is not playing a joke on someone.



How is bullying stopped?

Forefield Junior School takes bullying seriously.

We say NO to bullying!

Stand up to Bullies!

Look them in
the eye and
say STOP!



Anyone who knows about bullying can report it:
governors, parents, staff and children.

We all do everything we can to prevent bullying. Our
school is a place where bullying is unacceptable.

We make sure that anyone involved in incidents of
bullying feels safe and is given support.

What to do if you think you are a bully:

- Even though you think bullying is 'only a bit of fun' or 'just a game', those who are being bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.
- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and try to take their anger out on other people by trying to act tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Talk to someone about how you feel.
- If you do not feel that you can talk to anyone in school or at home, contact Childline (0800 11 11) or another anti-bullying agency.
- Bullying can become a habit that is hard to break. But even if seems hard to stop, you can change what you are doing.

Don't be a
bully ever!



**Produced by
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the Forefied Junior School Council**



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