

The Headteacher, the  
Governors and the school staff  
will work together to:

Make our school a place where  
everyone can feel safe and happy.

That means no bullying is allowed.

We will help everyone to get on with  
each other and we believe that

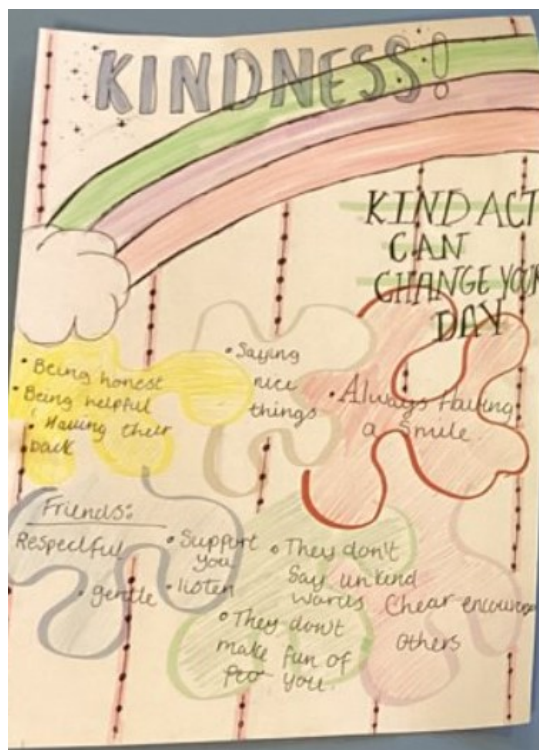
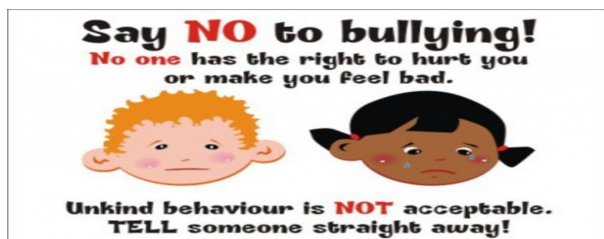
everyone has the right to be who they  
are.

What will happen to a bully?

Teachers and school staff will get involved and  
help to STOP the bullying.

They will talk to the children and parents to sort  
things out.

Bullying could lead to exclusion or loss of  
privileges.



Anti-Bullying poster competition winner :  
**Zara, Sweet Gum**

**Winner of the  
Anti-Bullying  
poster competition 2023-  
2024, see posters displayed  
around the school.**

**Dorothy Barley  
Junior Academy**



**Child Friendly  
Respect Leaflet**

## What is Bullying?

Bullying is something that can hurt you on the inside or on the outside. It hurts you on the outside if you are hit or hurt physically. It hurts you on the inside by name calling, insulting or saying things that are not nice knowing they will hurt your feelings.

This can happen to your face or on social media. It is bullying if it happens

Several Times On Purpose.  
(More than once).



## Bullying can be....

**Emotional:** Hurting peoples feelings, leaving you out or saying nasty things.

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

**Verbal:** Being teased or name calling.

**Cyber:** Saying unkind things by text, e-mail, messaging, chat rooms, online etc.

**Racist:** Calling you names because of the colour of your skin, where you come from, which country you were born in or because of your religion.

## When is it bullying?

Bullying is done on purpose, it's not an accident.

If someone hurts you during a game by accident **that is not bullying**, but if every time you played a game they hurt you, or your feelings on purpose, that would be bullying.

Don't ever think you're alone, tell your teacher (or any adult you feel safe with) your if someone is making you feel sad or left out.

Remember even if it's happening outside school you can still tell your teacher or

any other adult in school, or even your school councillor or buddy.



**Speak out!!**  
**Don't keep it to yourself.**

## Who can I tell?

School Friends

Teachers

TA's

Parents/Carers

Lunchtime Staff

**Or any other adult**

## If you are bullied:

DO: -



- Ask them to STOP.
- Ignore them.
- Find a playleader, teacher or another adult.
- Walk away.
- Talk to a friend, mum or dad or whoever looks after you.
- You can talk to a school councillor or buddy!
- **You must tell someone so they can help!!**

DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault
- Hide it.

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

Tell an adult straight away.

Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.

Don't stay silent or the bullying will keep happening.

Tell them to stop.