



# **Bullying is something that is not acceptable.**

There can be different types of bullying, including:

- Saying nasty things
- Hurting each other
- Cyber-bullying - texts, e-mails, social networking, apps, chat in games

## **Our Definition of bullying is that:**

- Bullying can happen to anyone
- There are 3 sorts of bullying- Verbal bullying, physical bullying and cyber bullying
  - Bullying happens over and over again and it won't stop unless you tell somebody

## **If you are being bullied this is what you should do:**

The first thing that you have to do is tell someone. Once this has been done things will change. The school's staff will make sure that the bullying stops and will speak with your folks at home.

## **WHO CAN HELP IF YOU ARE BULLIED?**

- Learning Mentor
- Classteacher
- Deputy Headteacher
- Headteacher
- Friends We all want you to be safe and protected.

## **ACTION AGAINST THE BULLY**

- Talking to parents
- Remove from class or the playground
- Punishments as seen to be appropriate by the school and parents

This form has been completed with help of the School Council.