

**If you are being bullied you could:**

- Ask them to stop if you feel you can.
- Ignore them, even though this can be hard.
- Walk away.
- Tell your friend.
- Tell your teacher.
- YOU MUST TELL SOMEONE.



**If you are being bullied DO NOT do the following things:**

- Think it's your fault
- Hide it.
- Keep quiet.
- Copy what they are doing.
- Get angry.
- Don't do it to others.

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

- Tell an adult straight away, this could be at home or at school.
- Do not try and get involved as you could get hurt as well and sometimes this could make things worse.
- Make sure you tell somebody, the longer you keep quiet the longer the bullying continues.

**At Town End we do our best to:**

- Make our school somewhere happy and safe and that means no bullies or bullying is allowed.
- Make sure everybody gets on with each other and sort any problems out quickly. We believe everyone has the right to be themselves.
- Don't get others involved like friends or brothers and sisters

**What will happen to a bully?**

A bully will be spoken to by their teacher, Mrs Hodson and Mr Weston/Mrs Boswell. The parents of all children involved will then be called into school and Mr Weston/Mrs Boswell will decide what the best thing to do is.

**Town End Junior School**



**Child Friendly  
Anti Bullying Policy.**

## What is Bullying?

At Town End, we believe that bullying is when someone or a group of people deliberately try and hurt, frighten or upset somebody several times. It can be seen as 'chipping away' at you.



There are different types of bullying

**Emotional:** Hurting somebody's feelings. They may leave you out.

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

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

**Cyber:** Saying unkind things by text, email or social network sites.

**Racist:** Calling you names because of the colour of your skin/religion you follow/sexual orientation / disability/ culture/ prejudice or gender differences.

## When is it bullying?



We promise to ALWAYS take bullying seriously.

**I think it might be happening to me/my friend but who can I tell?**

- A friend
- A teacher
- Mr Weston/Mrs Boswell
- Your parents
- Your brother/ sister
- The school buddies
- The lunch time staff
- Mrs Hodson
- Office Staff
- Teaching assistants
- Any trusted adult!