

## What is Bullying?

A bully is someone who hurts someone by using behaviour which is meant to hurt, frighten or upset another person.

Bullying is when this behaviour is repeated **frequently (more than once)**.



### Different types of bullying:

**Emotional:** When other children's feelings are hurt.

**Physical:** Pushing, kicking, punching or spitting.

**Verbal:** Calling children unkind names or using unkind words.

**Cyber:** Saying unkind things by text, email or online.

**Racist:** Calling children names because the colour of their skin.



## Byfleet Primary School

### Child Friendly Anti-Bullying Policy



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

## If you think you are being bullied:

### Do:

- Ask them to STOP
- Ignore them
- Walk away
- Talk to a friend
- Tell an adult

### Don't

- Do what they say
- Get angry and hurt them back
- Think it is your fault
- Keep it to yourself

### Who can I tell?

- A Friend
- A Teacher
- A Teaching Assistant
- A Lunchtime Supervisor
- A Parent or Carer

