

If you are bullied:

DO:

- try and tell them to stop
- ignore them
- walk away
- tell a friend that you trust
- talk to an adult straight away
- talk to adults at home

DON'T:

- do what they say
- copy their behaviour
- get angry
- be horrible back
- use inappropriate words
- ever think it's your fault
- ever keep it to yourself

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

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

- Tell an adult straight away what you have seen or heard.
- Try to not get involved as you may end up getting hurt or in trouble yourself.
- Try to speak up and not stay silent.

What will Elson Junior School do?

We want EVERY child to feel safe in our school and we take bullying EXTREMELY seriously.

- We listen to ALL the children and always offer support and help to them.
- We talk to your parents/carers so they can be involved with the conversations.
- We do everything we can to make you feel safe in school.
- We give consequences for bullying behaviours.

ELSON JUNIOR SCHOOL



Children's Anti-Bullying leaflet

What is bullying?

A bully is someone who hurts someone with their words or actions and is meant to upset or frighten another person. This behaviour is deliberately aimed at one person and is carried out frequently.



When it is bullying it is:

Several
Times
On
Purpose

There are different types of bullying:

Emotional: Hurting people's feelings, deliberately leaving you out.

Physical: Kicking, spitting, punching, hitting and pushing.

Verbal: Name calling and being teased.

Cyber: Saying unkind things to someone else online, by text, by email or through apps.

Racist: Calling someone else names because of the colour of their skin or their religion.

What bullying is not

Bullying is NOT when friends fall out, argue, play fight or have accidents.



Important!

If you are being bullied, you must:

Start

Telling

Other

People

Who can I talk to if I am being bullied?

- My family or adults at home
- My friends
- My teachers
- Team leaders
- School Councillors

Who is responsible for dealing with issues of anti-bullying in our school?

- Mrs Shaw - Headteacher
- Mrs Taylor - Assistant Headteacher
- Mrs Hull - Home School Link Worker
- Mrs Hayter - ELSA

Remember!

You are NEVER on your own, there is always someone talk to.