

**What should I do if I think someone is being bullied?**

In our school we all take responsibility in keeping each other safe. It is never OK to see someone being bullied and do nothing (being a bystander).

You can tell people to stop (become a defender) or you can tell an adult about what has happened.

If you think someone is being bullied then talk to the person, ask if they're okay and ask if you can help them talk to a teacher or an adult they trust.



**Stoke Park Primary  
Child Friendly  
Anti-bullying  
policy**





## What is bullying?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

### Bullying behaviour can be:

- Physical – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect - Can include the exploitation of individuals.

### What to do if you are being bullied?

1. Tell someone you trust
2. Keep a record of what has happened and who it involved
3. Don't retaliate
4. Surround yourself with people who make you feel good
5. Don't blame yourself—it is not your fault.
6. Be proud of who you are.

It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. The important thing is that you tell someone about it.

If you feel you can, talk to a teacher you trust or a family member. If you don't want to do that you can always call Childline 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk).