





## Who can I tell?

There are many people you can tell such as::

-  A friend
-  Your Mum or Dad
-  Any staff in your school
-  your sister/brother

There are many other people you can tell.

BUT MOST IMPORTANTLY

**TELL SOMEONE!!!**



**S**how you're not afraid

**A**nd stand up tall

**Y**ou tell the bullies, 'NO'  
in a strong voice.

**N**ever do what they say  
**O**n purpose.



## URCHFONTS PRIMARY SCHOOL



CHILD  
FRIENDLY  
ANTI BULLYING  
POLICY

## WHAT is BULLYING?

Bullying is when someone (usually older) is mean to you over and over again.

Also they might frighten you or upset you.

**PHYSICAL:** punching, kicking, pushing, hitting.

**RACIST:** saying mean things about their nationality.

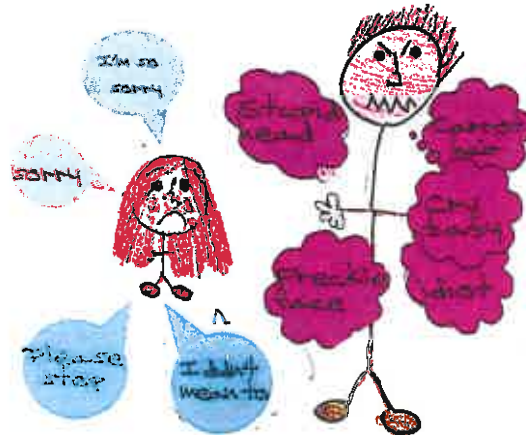
**EMOTIONAL:** Hurting people's feelings, calling people names.

**CYBER:** text, email, social networking sites.



## What shall I do if I see someone being bullied?

- ☞ Don't ignore the bullying.
- ☞ Tell an adult straight away.
- ☞ Help the person who is being bullied.
- ☞ Tell the bully to stop if it is safe to!



# STAND

# UP

# TO

# BULLYING