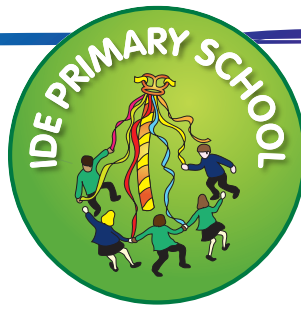




"Knowing children as individuals"

Anti-bullying... what can I do?

What is bullying?

Bullying is when someone, or a group of people make you feel sad and unsafe over a period of time. This can be **calling you names**, **leaving you out of games**, **hurting you** or **being unkind**. This can happen face to face or online or on your phone.

- 1 - If you feel unsafe please tell an adult, your House Captain, meal time assistant or School Council Member. They will then make sure your teacher knows.
- 2 - You could use the techniques you have been taught in class to chat through the problem if you think you can solve it yourself.
- 3 - Try to play with other people. If this doesn't get any better then talk to someone again. If it is a friendship problem adults will be asked to help out.
- 4 - The Teachers and Mealtime Assistants will be told and will watch out for problems.

If it continues:

- Your teacher will be told and they will talk to the person or persons.
- Adults will keep watching to see what is going on - if it still continues then parents will be told.
- Your teacher will talk to you to check that things have got better and if you are happier.

If things still do not get better then a meeting will be arranged with Miss Purcell, the children and their parents.

Please remember:

"If you are unhappy about anything then tell someone!"