

## If you are being bullied:

DO .....

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.



DON'T .....

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



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

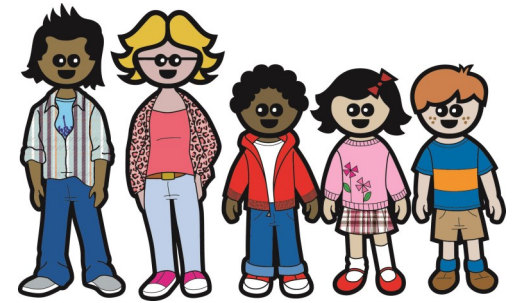
Don't walk away and ignore the bullying. Let the bully know what is happening. Tell the bully to **S.T.O.P.** if it is safe to do so. Don't stay silent or the bullying will keep happening. Be an **upstander**, not a bystander.

### The Leicestershire Anti-Bullying Team's Aims:

We will all work together to **S.T.O.P.** bullying. We want our schools to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy. To deal with bullying in schools, we will help everyone:  
To get on well together  
Respect and understand each other  
To believe that everyone has the right to be who they are.

Safeguarding & Improvement Unit  
County Hall  
Glenfield  
Leicester LE3 8RF

Phone: 0116 3057570  
[www.beyondbullying.com](http://www.beyondbullying.com)  
@BeyondLCC



## Seagrave Village Primary School

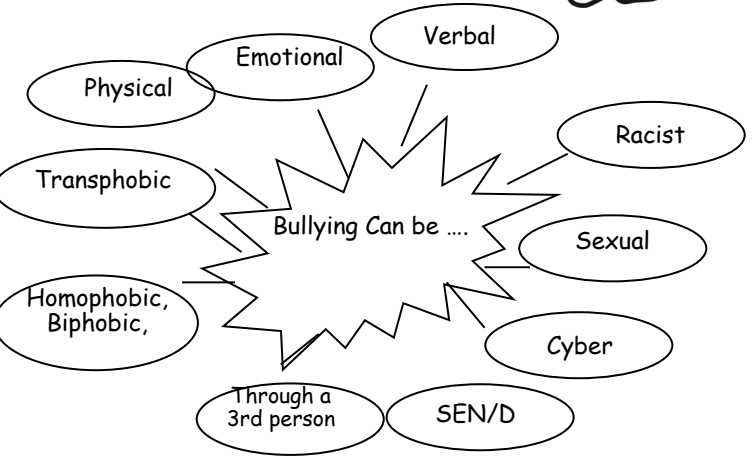
## Child Friendly Anti-Bullying Policy



[www.beyondbullying.com](http://www.beyondbullying.com)

# What is bullying?

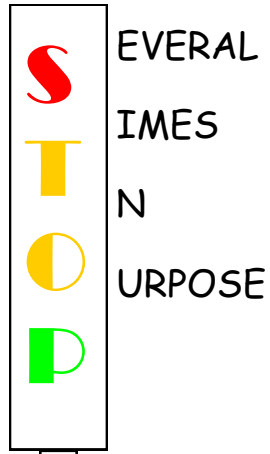
A bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



- Emotional:** Hurting people's feelings, leaving you out, being bossed about.
- Physical:** Punching, kicking, spitting, hitting, pushing.
- Verbal:** Being teased, name calling, hand signs
- Cyber:** Using technology/the internet to upset someone else.

People can be bullied for a number of reasons, including their race, religion, culture, disability, home circumstances, appearance, sexuality or gender identity.

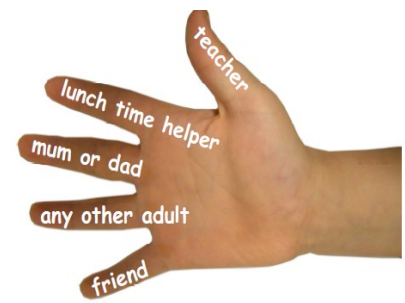
## When is it bullying?



## What your school can do to help

They should always treat bullying seriously.  
They should try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.

## Who can I tell?



A HELPING HAND

## What should I do if I am bullied:

