

**If you are being bullied: DO:**

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Talk to a friend TELL SOMEONE



**DON'T**

- Do what they say
- Get angry or upset
- Hit them
- Think it's your fault
- Hide it Keep secrets

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

- Tell an adult straight away
- Don't try to get involved; you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening

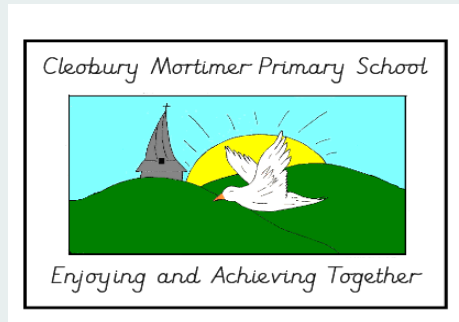
**The Head, Staff and Cleobury Mortimer School Governors will work together to:**

- Make our school a place where everyone can feel safe and happy – That means **NO BULLYING ALLOWED**
- We will help everyone to get along – polite and respectful
- We believe that everyone has the right to be who they are – individual and unique

**What will happen to a bully?**

- Adults will get involved and help you solve the problems. They can talk to you, your friends and your parents to find solutions.

*Cleobury  
Mortimer  
Primary  
School*



*Children's  
Anti-Bullying  
Leaflet*

What is Bullying?

Bullying is not a one-off incident of name calling, arguing or fighting.

A bully is someone who intentionally hurts another person on purpose by using behaviours which are meant to frighten or upset.



**Emotional:** hurting people's feelings, leaving them out, spreading rumours

**Physical:** hitting, punching, kicking, spitting, pushing, stealing

**Verbal:** teasing, name calling, threats, saying nasty things

**Cyber:** using the internet, mobile phones, gaming devices

**Racist :** Calling you names because of the colour of your skin or because of your religious beliefs

## When is it Bullying?

SEVERAL

TIMES

ON

PURPOSE

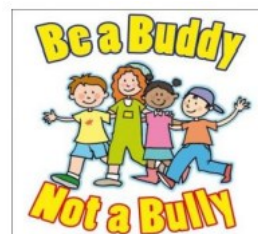


Bullying is conscious, deliberate and calculated. It is usually repeated over a period of time.

The behaviour is repeated frequently and is not a one off incident.

To tackle any cases of bullying, parents and schools need to work in close partnership.

**We promise to always treat bullying seriously.**



Who Can I Tell?



START

TELLING

OTHER

PEOPLE

- A Friend
- Parents/Carers
- Any adult in school

**MOST IMPORTANTLY**

If you think you are being bullied Start Telling Other People