

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

- Don't walk away and ignore the bullying
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening
- Don't lose your temper
- TELL SOMEONE



The Head Teacher, Head of School, the Governors, the staff, the Carlton Cabinet members and the children 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 on with each other and we believe that everyone has the right to feel safe and be who they are.

The Carlton Junior Academy

Child Friendly Anti-Bullying Policy

Created by The Carlton Cabinet



What is Bullying?

In our school a bully is someone who hurts someone more than once, by deliberately using behaviour which is meant to hurt, frighten or upset another person.

WHEN IS BULLYING?
SEVERAL
TIMES
ON
PURPOSE



Bullying can be.....

Physical— hitting, kicking, taking belongings

Verbal—name calling, insults, racist remarks

Cyber—sending unkind texts/messages by phone or internet

Indirect— threatening, spreading rumours

Who can I tell?

A friend

A family member

Carlton Cabinet members

Head Teacher

Teachers

Teaching Assistant

Lunch time staff

Someone that you trust

Anybody near you

Tell the Bully to Stop!

MOST IMPORTANTLY:- If you feel you are being bullied:

Start Telling Other People

If you are bullied:

DO

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

DON'T:

- Do what they say
- Get angry or look upset
- Hit them
- Think it's your fault
- Hide it
- Don't retaliate