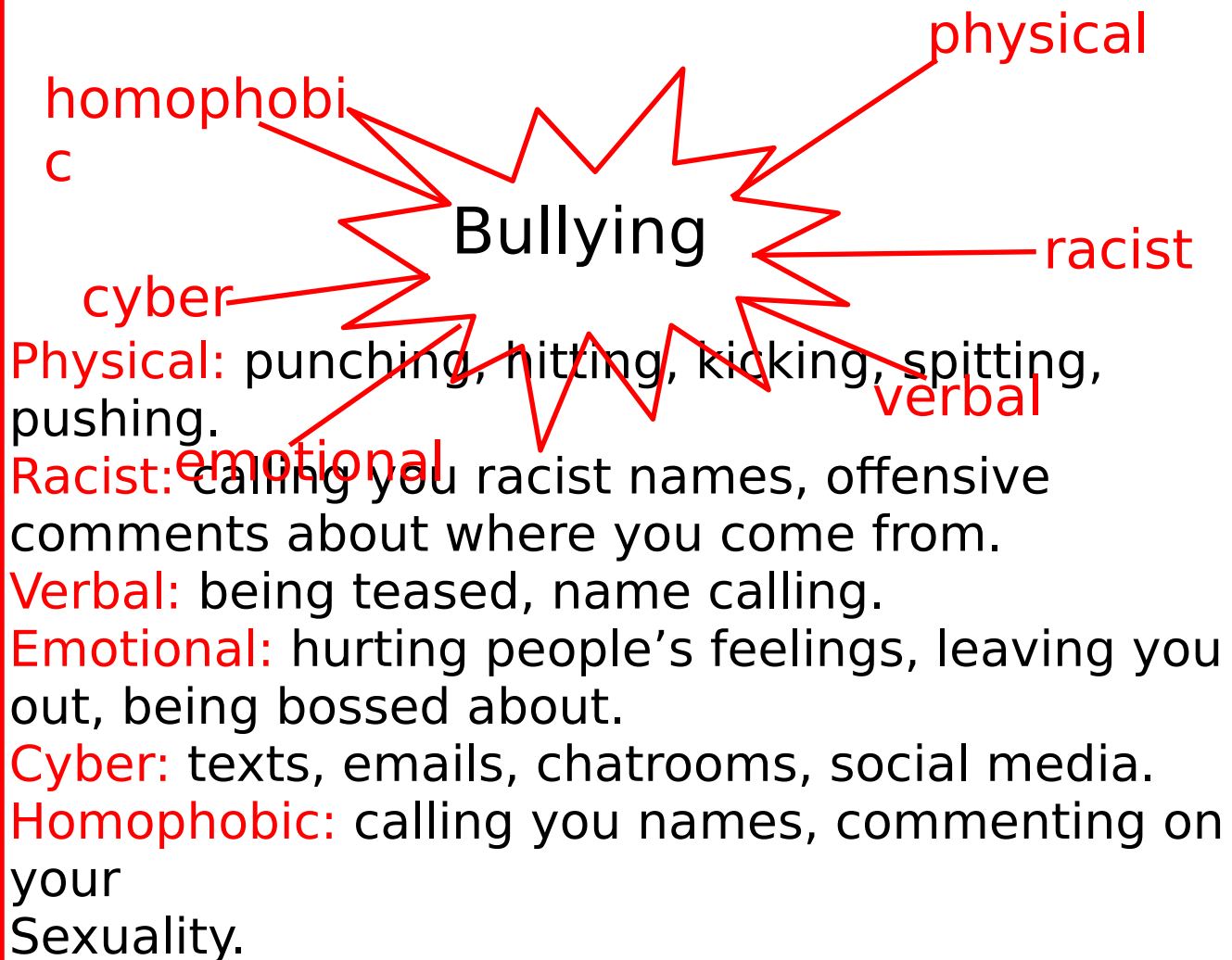




What is bullying?

We believe bullying is when someone hurts another not once, but repeatedly, by using targeted behaviour which is meant to hurt, frighten or upset.



What should I you do if I am being bullied?

Who should I tell?

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

What should I do if I am being bullied?

If you are being bullied

Do.....

Look at them and tell them to stop.

Walk away

Try and be kind to them

Remember it is not your fault

Tell a trusted adult.

Do some Happy Breathing



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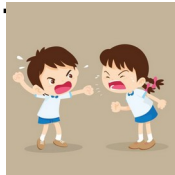
Don't...

Get angry

Hurt them back

Who should I tell?

Parents/Carers



Teachers/LSAs

Friends

Grandparents
Staff

Brother or Sister

Lunchtime

Trusted Adult



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

Don't walk away and ignore the bullying.

Tell the person who is bullying to stop.

Don't stay silent as the bullying will keep happening.

Make sure you tell a trusted adult who can help.



Start
Telling
Other
People

Together our, Head teacher, staff and Governors aim to

do that:

If a bullying incident takes place, the teacher will report it on MyConcern, which immediately informs the Headteacher, Deputy Head and SENCO.



Teachers will deal with bullying incidents immediately, which will involve listening to the child, taking the incident seriously and explaining what they will do to deal with the incident. Consequences will be given to the child who has carried out the bullying, however the teacher will seek to gain an understanding why they have done this so that relevant support can be put in place to prevent repeated incidents. We will focus on restorative counselling and building positive relationships.

Teachers will use Circle Time and Assemblies to tackle any incidents that are pertinent in school.

Teachers will inform the Headteacher if a child is involved in bullying other children. Parents are invited to school to discuss the situation, in an extreme circumstances the school may contact outside agencies for specialist support.

This Anti-Bullying leaflet reflects our Ethos:

**Together Cumberland Infant School
Together we:
Care Inspire Succeed**

“If someone is bullying it could be because they don’t have a friend or are sad about something. We should try to be kind and help them”.

“ If someone is bullying you, don’t ever think it’s your fault. It’s their problem and they need help!”

“Speak up! Someone can help!”

“ I don’t know why people are racist, it doesn't matter what colour your skin is, we are all unique”.

“ If you feel like you want to be unkind don’t do it, talk to someone”

**Written in Partnership with the Year 2
Ambassadors
2026**