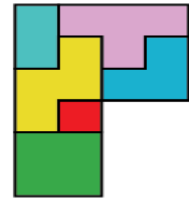


Pinderfields  
Hospital  
Pupil  
Referral Unit  
Anti-bullying  
Policy



2025-26



# Is someone bullying you?

You must tell someone at school so we can help you.

Examples of people you can tell are: □

- Your Teacher
- Your Headteacher □
- Your Key Worker
- Your Learning Support Assistant □
- Your Dinner Lady

**Do NOT keep it a  
Secret!**



## What is bullying?

A bully is someone who hurts someone more than once by using words or behavior which is meant to make them feel threatened or frightened: emotional, physical, through a 3<sup>rd</sup> person, verbal, racist, cyber.

Bullying is not : falling out with a friend, an accident, something that only happens once or a one off act of

physical aggression.

Several Times On

## Purpose

### DO

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away
- Act as though you don't care what they say or do.
- Talk to a friend.
- Tell someone and get help straight away.
- Remember it is NOT your fault.

### DON'T

- Get angry or fight back – try not to react.
- Hit them.
- Think it's your fault
- Hide it.
- Do as the bully says

How does your school work to prevent bullying?



There are lots of different ways, but one of the main ways is making sure the staff here at our school know how to keep you safe and also make sure you have someone to talk to if you need to.

Our Headteacher is here to support young people and their families if there is a Child Protection concern.

- Tell an adult straight away. Don't stay silent or the bullying will keep happening
- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

**S**peak **T**o **O**ther **P**eople