

Moston Lane Community Primary
School
Anti—Bullying

What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset .
The bullying behaviour is repeated frequently.



Bullying can be:

Physical—punching, kicking, spitting, pushing.
Verbal—name calling, teasing, making fun of, racist or homophobic remarks
Cyber—saying unkind things by text, email or online
Emotional—hurting feelings, leaving someone out

Be a buddy,
not a bully

When is it bullying?

S—several
T—times
O—on
P—purpose



If you are being bullied....

DO

- ask the bully to stop if you can
- use eye contact and tell them to go away
- ignore them
- walk away
- talk to a trusted adult or friend
- make sure you tell someone

DON'T

- do what they say
- get angry
- hit them or hurt them back
- think that it's your fault

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

- Tell an adult
- Don't try and get involved, you might end up getting hurt
- Don't stay silent or the bullying will continue

What will happen to a bully?

Teachers will get involved to stop the bully and help everyone who has been affected

