

## If you are being bullied:

### You should:

- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Try to keep calm.
- Tell someone and get help straight away.



### You should not:

- Keep it to yourself.

## What St. Thomas' does to respond to bullying:

**We take bullying seriously.**

**We listen to the children involved and offer support.**

**We punish bullying behaviour.**

**We contact parents and carers.**

**We address bullying situations in assemblies and circle time.**

### Our Rights and Responsibilities:



#### Responsibilities

**To listen**

**To be honest**

**To look after each other**

**To try our best**

**To be polite**

**To treat others as you want to be treated**

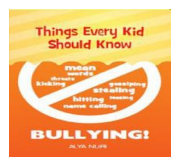


## Child Friendly Anti- Bullying Policy



## What is Bullying?

In our school bullying is when someone is nasty and unkind on purpose more than once.



Bullying is **NOT**.....

- Accidents
- Fallouts with friends
- Happening one time



## Rights

We have the right to be safe.

We have the right to an education.

We have the right to be happy.

We have the right to be heard and to make the right choices.

When it is bullying it is.....



Several

Times

On

Purpose

## Mini Mentors

Our Mini Mentor group is made up of pupils from Years 1-6. They each have a duty across the playground to promote themselves as a good friend and someone to speak to if anyone has a problem. They wear Hi-Viz

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Approved by  
Governors

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## Who Can I Tell?

### OUR HELPING HAND!

- Teachers
- Teaching Assistants
- Mums and Dads
- Other adults
- Friends

**MOST IMPORTANTLY,**

if you are being bullied:

**Start**

**Telling**

**Other**

**People**

**Bullying can be.....**

**Emotional:** Saying unkind things. Making things up about someone that is not true.

**Physical:** Hurting someone through punching or kicking,

**Cyber:** Horrible text messages and emails, unkind things said and done on the internet through social media.

**Racist:** Calling people names because of the colour of their skin.

Jackets so they can be clearly identified by other children.

