

If you see someone being bullied...

**You should:**

- Tell an adult or playground buddy straight away.
- Be a supportive friend.
- Be a good role model.
- Report any issues you have on social media sites.

**You shouldn't:**

- Keep it to yourself.
- Join in with or encourage the bullying in anyway.
- Spread rumours.
- Stand by and watch.

## WJS Aims.

At Winterton Junior School, we want everyone to:

- ❖ Feel safe and happy.
- ❖ Respect each other.
- ❖ Be able to concentrate and learn.
- ❖ Get on well with each other.
- ❖ Feel proud to be our self.

**Everyone**  
is responsible for anti-bullying!

## Winterton Junior School



**Pupil  
Anti-Bullying  
Policy.**

## What is bullying?

Bullying is hurting someone else by using behaviour which is meant to hurt, frighten or upset them. This behaviour is repeated frequently.

## Bullying is NOT:

Accidents.

Some thing that happens once or twice.

Falling out with friends.

## Bullying happens

**S**everal

**T**imes

**O**n

**P**urpose

## Types of Bullying

- **Cyber bullying:** inappropriate messaging, pretending to be some one else, misuse of cameras or video facilities
- **Physical Bullying:** hitting, punching, kicking, biting, pushing, spitting, pinching.
- **Racist bullying:** saying a comment or word about someone's colour, ethnicity, nationality or race.
- **Verbal bullying:** mocking, taunting, name calling, teasing, shouting.
- **Non verbal bullying:** staring, negative gestures, facial expression and body language.
- **Emotional bullying:** hurting people's feelings, being bossy, telling tales about someone, leaving people out and manipulating others in a negative way.



## If you are being bullied; you should:

- Make eye contact and ask them to go away.
- Walk away.
- Try to ignore them at first.
- Talk to a friend.
- Tell an adult.
- Keep evidence of cyber bullying and report it.

## You shouldn't:

- Hide it.
- Worry.
- Retaliate.
- Do what they say.
- Let the bully know you are upset.

**SO DON'T DELAY, GET HELP TODAY!**