

### ANTI BULLYING

#### What is bullying?

A bully is someone who hurts somebody else lots of times. They do something which is meant to hurt, or make another person feel sad or scared.



Bullying can be:

**Emotional:** hurting people's feelings, leaving people out/ignoring people.

**Physical:** Punching, kicking, hitting, pushing.

**Verbal:** Being teased, name calling.

**Being mean about someone for being different:** Calling you names if you look different or believe different things.

**Cyber:** Being unkind to someone when using computers, phones and games consoles.

#### When is it bullying

Several

Times

On

Purpose



At Old Town Infant School and Nursery we promise to always treat bullying seriously.

#### If you are bullied

- Ask them to STOP if you can.
- Ignore them.
- Walk away.
- Most importantly, tell a grown-up straight away.



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

- Tell the person being unkind to STOP if it is safe to do so.
- Tell a grown-up straight away – we don't want this to keep happening.

### Who can I tell?

- A friend
- A grown-up at school
- A grown-up at home

### MOST IMPORTANTLY

If you are being bullied, starting telling other people.



Respectful Remy

#### At Old Town Infant School and Nursery:

- We have kind hands, feet and use kind words.
- We take turns and share.
- We listen to the thoughts and feelings of others.
- We celebrate similarities and differences between people.
- We take pride in the achievements of others
- We have good manners and treat each other how we would like to be treated.

