

If you are bullied...

- Tell them to stop
- Use eye contact and tell them to go away
- Ignore them and walk away
- Use the worry box if you are too scared to talk to someone
- Tell a member of staff at school

If someone else is being bullied...

- Don't be a bystander - do something
- Tell the bully to stop if it's safe to do so
- Tell a member of staff at school

S - Start

T - Telling

O - Other

P - People

Our school...

**The Head, the Governors,
the Staff the School Council,
and all of you, will work
together to:**

- make our school a place where everyone can feel safe and happy. This means no bullying is allowed!



- help everyone to get on with each other



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'All for one

&

One for all'



Nobody here

makes

others feel small

Tadworth Primary School is a happy, friendly and fun place to work and play. We know that most of the time people are happy and enjoy their days at school.



Sometimes we fall out with our friends and that can be hard but we learn how to sort out our differences and make friends again.



However, very occasionally there can be times when we feel very upset because we are being bullied. Bullying is a strong word. We need to understand what it means.

What is bullying?

A bully is someone who hurts someone else (usually more than once) by using behaviour which is meant to hurt, frighten, intimidate or upset them.

S - several

T - times

O - On

P - Purpose



Bullying can include:

Emotional: hurting your feelings, leaving you out

Physical: punching, kicking, spitting, hitting, pushing

Verbal: teasing, name calling

Cyber: saying unkind things by text, email or social media

Other: taking or damaging belongings, teasing about your race, religion or culture, offensive graffiti

