

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find different friends to play with.
- Find an adult to tell or talk to a friend who can go and speak to an adult for you.
- Use the worry box if you are too scared to speak openly about it.
- TELL SOMEONE.



DON'T:-

- Do what they say.
- Get angry.
- Show you are upset.
- Hit them.
- Think it's your fault.
- Hide it.

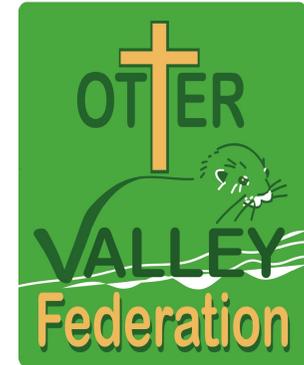
What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent - tell someone or the bullying will keep happening.

The Head, the Governors and the staff will work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

Otter Valley Federation



Our Anti-Bullying Policy



What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, e-mail and msn messenger.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend

Mum/Dad

Teachers/TA's

Playground Assistants

Lunch time Staff

Any Other Adult

MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!

