

## If you are being bullied:

### DO

- Ask them to stop, if you feel able.
- Walk away.
- TELL SOMEONE

### DON'T

- Get angry or hit them.
- Do what they say.
- Think it's your fault.
- Hide it.

## If you see somebody else is being bullied:

Tell a trusted adult straight away.

## All staff and governors will:

- Work together to stop bullying
- Make our school a place where everybody feels safe, valued and happy.
- Help everyone to get on with each other and be respectful.



## Queensway Primary School

Anti-bullying  
at  
Queensway

Anti-bullying  
guide for  
children

## What is bullying?

In our school, bullying is when somebody hurts somebody several times on purpose. This may be behaviour that is meant to frighten, hurt or intimidate others.



**Emotional:** Hurting people's feelings, leaving people out or bossing people about.

**Physical:** kicking, hitting, punching, pushing, spitting etc.

**Verbal:** name calling, teasing, spreading rumours or making threats or unkind comments.

**Online:** sending unkind, upsetting texts or emails or sending hurtful messages using an online platform.

**Prejudiced:** bullying or harassment that is homophobic, gender based, sexist, sexual or transphobic, racist or discriminating against religion, Special Educational Needs, disabilities, health conditions or a person's home circumstances, such as being looked after, or caring for a family member.

## When is it bullying?

This behaviour is bullying when it happens:

**Several**  
**Times**  
**On**  
**Purpose**

Bullying is not an accident. It is when somebody or a group of people hurt somebody on purpose.

Bullying is repetitive. This means the behaviour happens over and over again.



In our school, we do not accept any kind of bullying.

If you are being bullied,:

**Start**  
**Telling**  
**Other**  
**People**

**You could tell:**

Any teacher or adult in school

Your parent or carer

