

## If you are being bullied:



### DO ...

- Use eye contact and firmly say 'STOP'
- Ignore them and tell an adult
- Walk away and tell an adult
- Use the classroom worry box or Zones of Regulation

Remember it is **NOT** your fault and you are **NOT** alone.

### DON'T...



- Keep it to yourself
- Do what they say
- Lash out in anger

If you see someone getting bullied report it to an adult!



## What should I do if I suspect someone is being bullied?

- Don't walk away and ignore what is happening
- Tell the bully to **STOP** if it is safe to do so
- Find a trusted adult to help
- Use the classroom worry box
- Comfort and support the person you are worried about

### At Farndon Fields School:

- We will all work together to **STOP** bullying
- We want everyone to feel safe and happy
- We celebrate and respect individual differences
- We believe that everyone has the right to be who they are.



**Farndon Fields**  
Primary School

Nurture • Inspire • Learn • Succeed



## Anti-bullying Policy explained

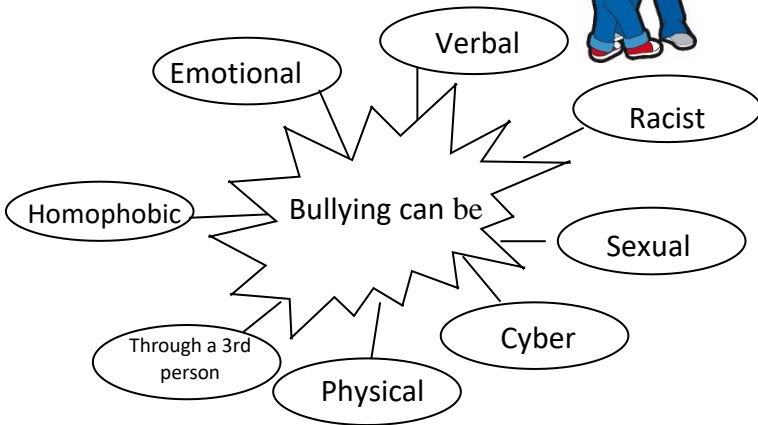
### At Farndon Fields we agree to:

Be respectful  
Be safe  
Be ready to learn

## What is bullying?

In our school, harmful behaviour is recognised as bullying if it happens **several times on purpose** in a way that is meant to deliberately hurt, frighten or upset another person.

It is different to falling out or sometimes having a disagreement.



**Emotional:** deliberately hurting someone's feelings, leaving someone out on purpose, bossing someone about in a cruel way, spreading untrue rumours.

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

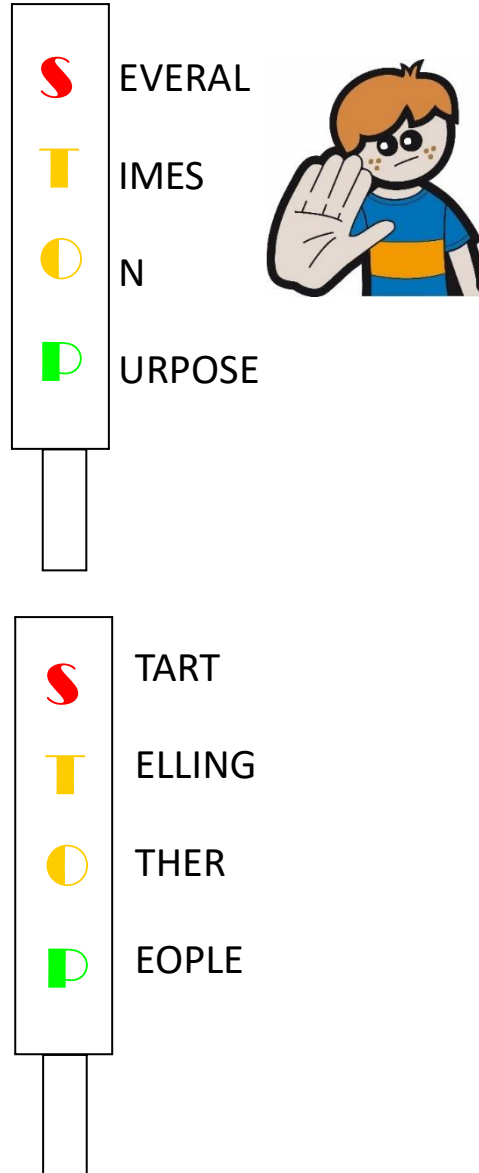
**Verbal:** Being teased, name calling, inappropriate hand signs.

**Cyber:** Using technology/the internet to upset someone.

Bullying happens for a number of reasons, including race, religion, culture, disability, home circumstances, appearance, sexuality or gender identity.



## MAKE BULLYING STOP!



## Who can I tell?



A HELPING HAND

## Other key people:

- ✓ Deputy Head
- ✓ Headteacher
- ✓ Family Support Worker/ELSA
- ✓ SENDCo

