



Where to get help

If we need help or someone to talk to about bullying, these are the people that we can rely on:

Our parents, a teacher, a trusted adult, a member of our School Council Speak Up Team or a peer-mediator.

If you feel that you can't speak to an adult there is always our School Council Speak Up team to help you as well as our peer mediators.

You should always speak to someone if you need help, don't keep it inside.

We want to be safe and you can call this number and look at the websites if you need help and support.

Childline 0800 11 11

www.childline.org.uk

www.bullying.co.uk/anti-bullying-week

What should I do if I see someone being bullied?

Don't walk away

Tell an adult, peer-mediator, member of the School Council or a friend.

**Don't
HIDE IT,
TELL SOMEONE**



Our PSHE lessons, assemblies, Anti-Bullying week help raise awareness of how to be resilient and not be a bully. Anti-Bullying week is in November



Summerfield Primary School

Anti-Bullying Policy



Written by our School Council Healthy Schools' Team

February 2018

Aim

Why do we have an Anti-Bullying policy?

To ensure that your emotional health and well-being is the best it can be so that you can learn and develop without fear of being bullied.

What is bullying?

Bullying is something that can hurt you on the inside or on the outside. It hurts you on the outside by hitting you and hurting you physically. It hurts you on the inside by name calling or hurting your feelings. It is something that happens repeatedly.

Bullying is done on purpose it is not an accident.

If you feel that you are being bullied...

DO

Ask them to stop if you can

Walk away

Use eye contact and ask them to stop, if you can

Ignore them

Use your class Speak Up box if you feel that you can't tell someone directly

TELL SOMEONE!



DON'T

Do what they say

Get angry or upset

Hit them

Think it's your fault

HIDE IT!