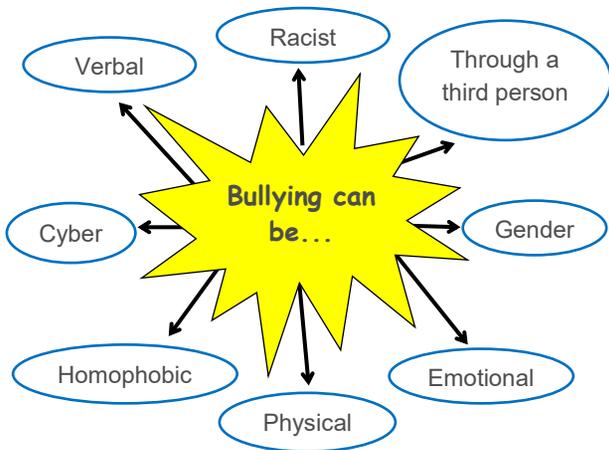


## What is bullying?

In our school, we understand that Bullying is when someone makes us feel frightened by hurting us or our feelings over a period of time.



**Racist:** Graffiti, calling you racist names

**Through a third person:** Sending a friend with horrid messages

**Gender:** Being nasty about someone's gender

**Emotional:** Hurting people's feelings, leaving you out, being bossed about

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

**Homophobic:** Calling you gay or lesbian

**Cyber:** Text, E-mail, Xbox, Online messaging, Sharing images

**Verbal:** Being teased, name calling

## Our Anti-Bullying Ambassadors are:



### Some Useful Websites...

- <http://www.antibullyingpro.com>
- [http://www.safenetwork.org.uk/help\\_and\\_advice/pages/resources\\_advice\\_and\\_helplines.aspx](http://www.safenetwork.org.uk/help_and_advice/pages/resources_advice_and_helplines.aspx)
- <http://m.kidshealth.org/PageManager.jsp?col=mkid&lic=152&ps=313&st=1&m=y&qt=Bullying>

Please see our full Anti-Bullying Policy at [www.lanesendprimary.co.uk](http://www.lanesendprimary.co.uk)

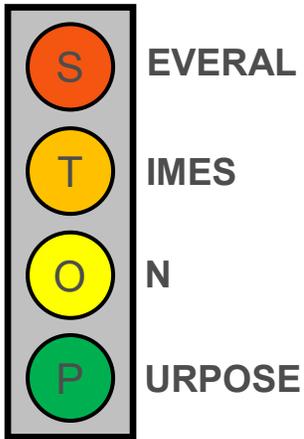
# Lanesend Primary School

## Anti-Bullying Policy 2017-2018



"Big or small, be a friend to all!"

## When is it bullying?



### Bullying is **not**...

- ◆ A one off fight
- ◆ An argument with a friend
- ◆ A spur of the moment threat or spiteful comment

We promise to always treat bullying seriously



## What should I do if I am bullied?

Remember, it is **not** your fault if you are being bullied.

### DO:

- ◆ Ask them to STOP if you can
- ◆ Use eye contact and tell them to go away
- ◆ Ignore them
- ◆ Walk away and **tell someone**

### DON'T:

- ◆ Do what they say
- ◆ Get angry
- ◆ Hit them
- ◆ Keep it to yourself
- ◆ Think it's your fault

Everyone at Lanesend Primary has the right to feel safe, secure and happy!

## Who can I tell?



Most importantly  
If you are being bullied or know of someone who is...

Start **T**elling **O**ther **P**eople

