

If you are being bullied

Do ...

Use eye contact and tell them to go away.

Ignore them

Walk away.

Act as

though you don't care what they say or do.

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



Don't

Do what they say.

Look upset or cry.

Get angry.

Hit them.



What your school can do to help?

They should always treat bullying seriously. They should try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in school.

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



Don't walk away and ignore the bullying.
Let the bully know what is happening.
Tell the bully to **S.T.O.P.** if it is safe to do so.
Don't stay silent or the bullying will keep happening.

The Leicestershire Anti-bullying Team's Aims:



We will all work together to **S.T.O.P.** bullying.

We want our schools to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying in schools, we will help everyone:

To get on well together

Respect and understand each other

To believe that everyone has the right to be who they are.

Leicestershire Team Contact No: 0116 3057570

Ratby
Primary School



A Child Friendly
Anti-Bullying Leaflet



Anti-Bullying Lead: Mrs Oliver

Anti-Bullying Governor: Mr Hope

If I am being bullied who can I tell?

There are so many people you can tell so you mustn't suffer in silence.

Here's just a small list....

Parents or Carers



Teacher



Grandparents



Friends



Learning Support Assistant



Lunchtime Staff



Brother or Sister



Trusted Adult



What is bullying?

At Ratby Primary School, we think bullying is someone who hurts somebody more than once, by using behaviour which is meant to hurt, frighten or upset someone.

This could be:

Emotional: hurting someone's feeling, leaving someone out or being bossed around.

Physical: punching, hitting, biting, kicking, pushing or spitting.

Homophobic: calling you a gay or lesbian.

Through someone else: sending a friend to be unkind to you.

Verbal: Saying unkind things.

Racist: Calling you names or teasing you because of your beliefs, religion or ethnicity.

Sexual: Touching you where you don't want it.

Cyber: By text, Email or social media.



When is it bullying?

We class bullying as something that happens

S Several

T Times

O On

P Purpose

