



At Felbridge, we say

# NO to bullying!

any time — anywhere — to anyone

At Felbridge, we think bullying is when someone repeatedly hurts someone else, by using behaviour which is meant to frighten or upset them. Bullying can be:



### Emotional

Hurting people's feelings or leaving people out



### Physical

Punching, kicking, spitting and pushing



### Verbal

Teasing, insulting and name calling, including based on race or gender.



### Cyber

Saying unkind things by text, social media, email or online

## What should I do if I am bullied?

- Ask them to stop if you can.
- Ignore them.
- Walk away.
- TELL AN ADULT.



**DO**



**DON'T**

- Do what they say.
- Get angry or upset.
- Hit them or retaliate.
- Think it's your fault.
- Keep it to yourself.
- Take it personally.

### Who can I tell?



A friend



Your class



A parent or



Mrs Thorp or Mrs Sims



ANY member

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

- Don't ignore it.
- If it is safe, go up to the bully and tell them to STOP.



### Why do people bully?

Bullying usually happens when someone is different to you, is jealous, or has their own problems. They might even have been bullied

We want our school to be a place where everyone can feel safe and happy.

