

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent – tell someone or the bullying will keep happening.

### **DON'T:**

- Do what they say.
- Get angry.
- Show you are upset.
- Hit them.
- Think it's your fault.

### **If you are bullied: DO:**

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find different friends to play with.
- Find an adult to tell or talk

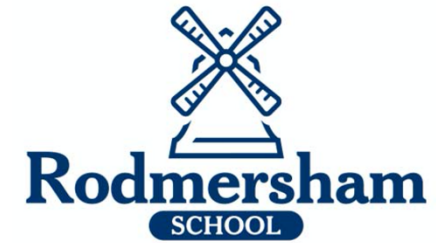
Rodmersham is a happy school where pupils and staff feel valued, respected and part of a big family. It is a school where we are proud to celebrate our differences. Pupils at Rodmersham School want everyone to behave in a friendly and respectful way with no bullying. This includes no use of racist or homophobic language, which is NOT acceptable in our school. We believe that everyone at Rodmersham School is equal and should be treated equally.

### **The Head, the Governors and the staff will work together to:**

Make our school a place where everyone can feel safe and happy. That means no bullying allowed.

**We will help everyone to get on with each other and we believe that everyone has the right to be who they are.**

# Rodmersham School



## Our Child Friendly Anti-Bullying Policy



## What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person. Bullying can be by one person or a group of people.

### Bullying Can be.....

|                          |  |
|--------------------------|--|
| <b>Physical Bullying</b> | Hitting<br>Smacking<br>Kicking<br>Punching<br>Physical contact that is harmful   |
| <b>Verbal Bullying</b>   | Name calling<br>Threats<br>Offensive remarks<br>Insulting someone because of their religion, skin colour and background            |
| <b>Indirect Bullying</b> | Spreading nasty stories<br>Gossiping and leaving others out of social groups<br>Stopping someone from having a nice time at school |
| <b>Cyber Bullying</b>    | Sending nasty emails<br>Sending nasty texts<br>Making nasty phone calls  |
| <b>Sexual Bullying</b>   | Unwanted physical contact<br>Inappropriate touching<br>Sexual name calling   |

## When is it bullying?

**S**everal  
**T**imes  
**O**n  
**P**urpose



**We promise to always treat bullying seriously.**

## Who can I tell?

**Teachers**  
**Teaching Assistants**  
**Dinner Staff**  
**Governors**  
**A friend**  
**Another Adult**



**MOST IMPORTANTLY**

**If you are being bullied:**

**Start Telling Other People!**