

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Look at them and kindly ask them to leave you alone.
- Try to ignore them.
- Walk away.
- Talk to a friend or someone in the School Council.
- TELL A MEMBER OF STAFF.



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it is your fault.
- Hide it.

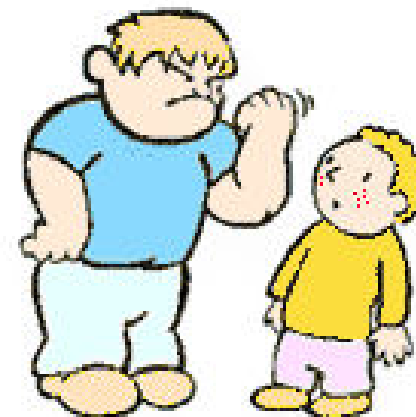
What should I do if I see someone else is being bullied?

- 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 or the bullying will keep happening.
- Talk to someone you trust.

The Adults and the Children at Oakhyrst Grange 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 respect each other and we believe that everyone has the right to be who they are.

Oakhurst Grange



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.



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Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name-calling.

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, e-mail and msn messenger.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend

Mum/Dad

Teachers

School Council

Families Members

OGS Staff

An adult you trust



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!