

Bullying is - ...

- Hurting people repeatedly
- Being mean
- Leaving people out
- Calling names
- Passing notes
- Making threats
- Using power over others
- Using weapons
- Spreading gossip and rumours

What we have learnt about Bullying --

- There are different types of bullying – Physical, emotional, sexual, verbal and cyber.
- You need to be optimistic when dealing with bullies
- Don't be a bully helper
- Responding with violence or bullying back usually just makes the problem worse
- If you see bullying, tell someone
- You can do things that attract bullies and things that don't
- Bullies use power to make you feel bad or get upset or angry
- Bullying is never OK.
- You need a toolkit of ideas to use, if you are being bullied.

Bullying is...not OK because -

- It hurts others
- It's disrespectful
- It can cost money
- It is mean, unkind and unfriendly
- It can involve the police and ambulance
- It hurts others peoples' feelings

When we are bullied we can --

- Say 'Stop it, I don't like it'
- Ignore it
- Tell a teacher or our parents
- Walk away
- Joke about it
- Say 'Whatever'
- Try to talk to the bully
- Play with other people
- Get our friends to stay near us.
- Tell someone until you're feeling safe

**Tool-kit
ideas**

Palmer Primary School Bullying Policy

When someone is being a bully, here's what will happen --

Staff will talk to the bully about it and tell them to stop.

If Bullying stops - Problem solved - If Not....

Staff will talk to them again, they will be removed from the yard (1 play time) or class (1 learning session) and parents/carers will be sent a note about it

If Bullying stops - Problem solved - If Not....

Staff will talk to them again, they will be removed from the yard (2 play times) or class (whole day) and a meeting will be organised with the parents/carers.

If Bullying stops - Problem solved - If Not....

Student who is being a bully will be suspended from school.