

What is Bullying?

Bullying is when someone deliberately hurts, frightens or upsets another person.

A bully repeats this behaviour, sometimes targeting the same child or group of children.

A bully sets out to cause harm.

Bullying is never acceptable.



Bullying is NOT...

- Accidents
- Fallouts with friends
- Something that happens once
 - Fighting

Bullying can be:

Emotional: Hurting others feelings, leaving people out

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Teasing, name calling, threatening (face to face, over the phone, online or in gaming sessions)

Racist: Name calling because of the colour of someone's skin, cultural beliefs or where they are from



When is it Bullying?

Several

Times

On

Purpose



What should I do if I see or experience bullying?

Start

Telling

Other

People

At Brookwood School we believe that everyone is entitled to learn & play in a safe, secure and caring environment by following our **HEART** values.



At Brookwood School we **Speak Out to Stay Safe.** This means that anyone who knows that bullying is happening should tell an adult in school.



If I am being bullied...

Do:

- tell them to stop
- tell someone and get help straight away

Don't:

- stay silent
- act angrily or fight back
- do as the bully says
- think it's your fault

Remember:

- Bullying is never acceptable!
- An adult at school will always do their best to help you and make sure this does not happen again.



**Brookwood
Primary
School**

**ANTI BULLYING
LEAFLET**



Speak Out, Stay Safe