

What is BULLYING?

Bullying means hurting someone more than once, on purpose, using behaviour or words that hurt another person. Arguing or falling out with someone once is not bullying.

Why are we AGAINST bullying?

EVERYONE has the right to be respected and feel safe. NO ONE should be a victim of bullying. Bullies must learn different ways of behaving. We will stop any bullying IMMEDIATELY - it is not acceptable.

Bullying can be...

- Emotional — hurting someone's feelings
- Physical — kicking, pushing, punching, hitting, spitting
- Verbal — being challenged, name calling
- Written — letters, notes, graffiti
- Cyber — saying nasty things on the web, through text messages, emails, computer

NO TO BULLYING



Anti-Bullying Policy

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What to do if you are being bullied?

- Tell the bully to stop
- You can ignore the bully and walk away
- TELL an adult IMMEDIATELY
- Don't be afraid - bullying is not your fault
- Not reacting and getting angry.

What to do if you see someone else being bullied?

- Offer support
- If safe, tell the bully to stop
- TELL an adult IMMEDIATELY
- Don't be afraid to tell someone about a bully.

Who can I talk to?

STAFF / FAMILY / GUARDIANS,
FRIENDS / ADULTS



How can I stop bullying from happening?

- Follow the School's rules
- Take part in circle time
- Always be kind and respectful
- Thinking about other people's feelings.