

If you are bullied:

You could:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.

DON'T:

- Do what they say.
- Get angry or look upset.
- Hit them or retaliate.
- Think it's your fault.
- Hide it.
- Stay silent.

**ALWAYS  
TELL  
SOMEONE!**

## CARE and KINDNESS

Being a good friend:  
What should I do if I see  
someone else is being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Tell an adult what you have seen.
- Tell an adult if someone has told you that they are being bullied.

**We are a TELLING school  
TELL SOMEONE  
STAND UP AND SPEAK OUT!**

At Park Junior School all staff, the  
Governors and the children will  
work together to:

- Make our schools 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.

Encourage Engage Excel



Park Junior School

The Best Start for Every Child



Stonehouse Park  
Infant School

Stonehouse Park  
Infants School

# My Friendship and Anti-Bullying Guide



Written in collaboration with  
Stonehouse Park Infants School

## We say YES to Friendship and NO to Bullying

### What is Bullying?

In our schools a bully is someone who hurts someone several times by using behaviour which is meant to hurt, frighten or upset another person.

**Cyber      Emotional**  
**BULLYING**  
**Verbal**  
**Physical    Racist Religious**  
**Cultural**

**Emotional:** Hurting people's feelings, leaving you out, writing messages.

**Physical:** Punching, kicking, spitting hitting, pushing, theft.

**Verbal:** Being teased, name-calling, gossiping, and spreading untruths, constantly being rude.

**Racist:** Calling you racist names.

**Cyber:** Unkind things by text, e-mail and social media. Remember to tell and show an adult.

**Religious/Cultural:** Religious or cultural taunts, graffiti, gestures including references to specific religious or cultural groups.

### Is it a friendship problem or is it bullying?

| Friendship problems           | Bullying                   |
|-------------------------------|----------------------------|
| Equal power - fairness        | Imbalance of power         |
| Happens occasionally          | Repeated again and again   |
| Accidental                    | Deliberate                 |
| Really sorry                  | Not sorry                  |
| Friends try to solve problems | No effort to solve problem |

**Several**  
**Times**  
**On**  
**Purpose**

### Who can I tell?

If you are having friendship problems or being bullied you must tell friends, family or any grown up that works in school. We will listen and help.



**MOST IMPORTANTLY: -**

**Start Telling Other People!**