

## If you are being bullied:

### You should:

- Tell someone you trust
- Ask them to STOP
- Walk away
- Ignore them and don't retaliate



### You should NOT:

- Do what they say
- Get angry
- Get aggressive/ hit them
- Think it is your fault
- Hide what has happened

## Always remember...

- Speak up
- Say no to bullying
- Think before you speak
- Be kind
- Respect everyone
- Include everyone
- Be honest



## Our policy

At Balnamore Primary School we believe all forms of bullying behaviour are unacceptable. We believe that all pupils have the right to learn in a safe, secure and supported environment.

[www.balnamoreps.com](http://www.balnamoreps.com)

# Nurture, Inspire, Flourish



**Balnamore Primary  
School**

**Pupil view**

**Anti-Bullying Policy**

## Bullying can be...

**Emotional:** Hurting people's feelings, leaving someone out.

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

**Verbal:** Being teased, name calling.

**Racist:** Calling a person names based on the colour of their skin or where they come from.

**Cyber:** Saying unkind things by text or online to another person.



## What is Bullying?

Bullying is unwanted behaviour. The behaviour is repeated or has the potential to be repeated over time. It is known to hurt, frighten or upset someone on purpose.



## When is it bullying?

When someone says something hurtful and does it once– that's

**RUDE**

When someone says or does something intentionally– that's **MEAN**

When someone says or does something and they keep doing it– that's

**BULLYING!**

## Who can you tell?

What if you are bullied?

You should also Stop and ...



Ambition for change



- A family member
- Teachers/ trusted member of staff
- A friend

