



## Anti-Bullying Steps

The Government define bullying as 'emotionally or physically harmful behaviour and includes: name-calling; taunting; mocking; making offensive comments; kicking; hitting; pushing; taking belongings; inappropriate text messaging and emailing; sending offensive or degrading images by phone or via the internet; gossiping; excluding people from groups and spreading hurtful and untruthful rumours.'

I feel that I am being bullied or I know of someone else who is being bullied.

### 1.) Tell someone!

- Tell a grown up.
- Tell one of our Anti-Bullying Ambassadors.
- Tell a friend and ask them to tell a teacher.



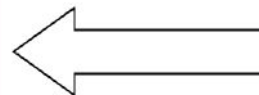
### 2.) What happens next?

- The grown up will make a note of what you say.
- Your class teacher will be told



### 3.) Dealing with the problem

- Your teacher will investigate things fully and speak to any children who were involved.
- They will speak with any parents that need to be made aware of what has happened.



### 4.) Follow up

- Your teacher will regularly check with you to make sure that the same situation has not restarted.

(This should be the end of the problem but if not, go back to step 1 and tell someone!)

