

What should I do if I see someone being bullied?

- ◆ Tell an adult straight away
- ◆ Don't get involved—you could get hurt or in trouble
- ◆ Don't stay silent

Mrs Dix, the Governors and all staff will work together to:

- ★ Make our academy a place where everyone can feel safe and happy
- ★ Help our academy to be bully free
- ★ Help everyone to get on with each other
- ★ Sort out any problems you may have and help to and make everyone happy

What if bullying does happen?

Teachers will talk to the person and help them understand why their actions are hurtful. Everyone will help them change their behaviour so everyone can feel happy and safe again.

Pupil's Agreement:

- 👍 I will continue to help keep Esteem North Academy a happy and friendly place
- 👍 I will do my best to help our academy STOP bullying behaviours
- 👍 I will tell an adult if I see bullying behaviour
- 👍 If I am being bullied, I will not keep quiet and I will tell someone
- 👍 I know the academy will work with my parents and carers to solve any problems I may have



Child Friendly Anti-Bullying Policy



What is Bullying?

Bullying is when someone behaves in a way that can hurt you emotionally or physically. It can hurt one person or a group of people and happens many times.

Bullying can make you feel frightened, scared, 'small' and unwanted.

Bullying can be:

Physical: Pushing, kicking, hitting, any forms of violence or threats

Verbal: Name calling, sarcasm, spreading rumours and persistent teasing

Emotional: tormenting, threatening, humiliation, exclusion from groups/ activities

Racist: racial taunts, graffiti, gestures

Sexual: unwanted physical contact, abusive comments

When is it bullying?

Several
Times
On
Purpose

We will always treat bullying seriously

Childline—Free 24-hour helpline for children in distress or danger 0800 1111



Who can I tell?

- ☞ A Friend
- ☞ A Parent or Carer
- ☞ A Teacher
- ☞ A Teaching Assistant
- ☞ Designated Safeguarding Leads
- ☞ Someone else who I know and trust

DON'T:

- Keep it to yourself
- Hit, push, kick or hurt them
- Be frightened to get help
- Don't do what they say

**Most
Importantly:**

Start
Telling
Other
People