

If you see someone being bullied...

You should:

- Tell an adult or playground buddy straight away;
- Be a supportive friend;
- Be a good role model;
- Report any issues you have on social media sites.

You shouldn't:

- Keep it to yourself;
- Join in with or encourage the bullying in anyway;
- Spread rumours;
- Stand by and watch.

The Winterton Federation Aims

At the Winterton Federation, we want everyone to:

- ❖ Feel safe and happy;
- ❖ Respect each other;
- ❖ Be able to concentrate and learn;
- ❖ Get on well with each other;
- ❖ Feel proud to be our self.

Everyone
is responsible for anti-bullying!



The Winterton Federation



**Pupil & Parent/Carer
Anti-Bullying Policy**

What is bullying?

Bullying is hurting someone else by using behaviour which is meant to hurt, frighten or upset them. This behaviour is repeated frequently.

Bullying is NOT:

Accidents.

Some thing that happens once or twice.

Falling out with friends.

Bullying happens

Several
Times
On
Purpose

Types of Bullying

- **Cyber bullying:** inappropriate messaging, pretending to be some one else, misuse of cameras or video facilities.
- **Physical Bullying:** hitting, punching, kicking, biting, pushing, spitting, pinching.
- **Racist bullying:** saying a comment or word about someone's colour, ethnicity, nationality or race.
- **Verbal bullying:** mocking, taunting, name calling, teasing, shouting.
- **Non verbal bullying:** staring, negative gestures, facial expression and body language.
- **Emotional bullying:** hurting people's feelings, being bossy, telling tales about someone, leaving people out and manipulating others in a negative way.



If you are being bullied; you should:

- Make eye contact and ask them to go away;
- Walk away;
- Try to ignore them at first;
- Talk to a friend;
- Tell an adult;
- Keep evidence of cyber bullying and report it.

You shouldn't:

- Hide it;
- Worry;
- Retaliate;
- Do what they say;
- Let the bully know you are upset.

So don't delay, get help today!