

## Our Golden Rules

- Be kind, helpful and respectful.
- Be well-mannered.
- Be gentle and behave safely.



- Be honest and respectful to others.
- Listen to people.
- Work hard and try your best to do your best.
- Look after property.

## Remember:

If you are bullied or know someone else is being bullied, you must TELL SOMEONE. Don't try and deal with the bully yourself.

You can tell:

- A teacher
- Your parents
- A teaching assistant
- A lunchtime supervisor.



**S**tart  
**T**elling  
**O**ther  
**P**eople

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### What is bullying?

Bullying is when someone hurts, frightens or upsets someone else more than once on purpose.

### Bullying is not...

- Accidents.
- Falling out with friends.
- Something that only happens once.

### Bullying can be...

**Verbal** – Being teased or name calling.

**Emotional** – Hurting people's feelings by leaving them out or ignoring them.

**Physical** – Pushing, hitting or kicking. Taking things that belong to someone else.

**Cyber** – Saying unkind or hurtful things on social media, the internet or in text messages/chat rooms.



### If you are bullied:

- Remember it's not your fault.
- Tell a trusted adult straight away.
- Tell them to STOP if you can.

- Just walk away.

**If you see someone else being bullied, you must tell an adult straight away.**

### The teachers will:

- Take you seriously
- Talk to everyone involved
- Deal with children who have been bullying others.
- Help you to feel safe at school.