

If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the worry box (write it down) if you are too scared to speak openly about it.
- Talk to a School buddy or Peer mediator.
- TELL SOMEONE.

DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it and keep it to yourself
- Don't let the bully get away with it

What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying
- Tell the bully to stop if it is safe to do so.
- Report the bullying
- Don't stay silent or the bullying will keep happening

We all (adults and pupils alike) need to work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.



TOP TIPS FOR SAFETY WHEN USING SOCIAL MEDIA

- Adopt a nickname. Don't use your real name.
- Only add a friend that you know
- Treat your password like your toothbrush- don't let anyone else use it!
- Think before you post something. It's going to be there for a very long time!
- If you see something dodgy report it.
- CEOP says: "Talk to your children about the dangers and talk to your child's mobile phone operator about filtering software to block inappropriate content and websites."

Merthyr Tydfil



No Bullies Allowed Policy

Written by pupils at the Student Council Conference and those from the Youth Forum.

What is Bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Bullying Can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Graffiti, calling you racist names.

Cyber: saying unkind things by text, e-mail, facebook and msn messenger.

Sexual: teasing you about your sexuality

When is it bullying?



Several
Times
On
Purpose

We promise to always
treat bullying seriously

Who can I tell?

A Friend, Mum or Dad, Teachers, School Buddies, Peer Mentor, Inclusion Officer, Lunch time Staff, Any Other Adult



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People this will not make it worse!

**Don't Pretend,
Tell a Friend,
You Want the
Bullying to End**

