

# St Martin's CE Primary School

Friendship Love Honesty Hope Respect Responsibility

*A place of spirituality, diversity and opportunity;  
Inspiring all, flourishing together.*



## Anti-Bullying Guide for Pupils

Guidance written by:	Harriet Bridewell
Date policy published:	6 <sup>th</sup> March 2024
Date of next review:	1 <sup>st</sup> September 2024
Headteacher signature:	<i>Mrs B McManus</i>

## What is Bullying?

**S**everal **T**imes **O**n **P**urpose

Together, we can **S****T****O****P** it!

Bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to upset or hurt that person.

## Bullying can be...

Emotional	Your feelings being hurt.
Physical	Being hurt somewhere on your body, by someone punching, kicking, spitting, hitting, pushing etc
Verbal	Being teased, or called names.
Written	Letters, notes, graffiti written about you.
Cyber	People saying unkind things by text, email or online, this could be to you or about you.

## What can you do?

- Ask them to **STOP**
- Walk away
- Talk to an adult in school



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

- Ask the person to stop if it is safe to do so.
- Find an adult and let them know.

## If I am worried about bullying, who can I speak to?

- A school adult
- A family member
- Lunch time staff

## MOST IMPORTANTLY...

If you feel you are being bullied:

# Speak To Other People

And get help today!