What should I do if I think I'm being bullied?

Start Telling Other People

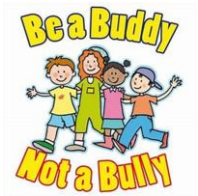
DO:

- Use eye contact and ask them to leaveyou alone, or ignore them and walk away
- Ask them to STOP if you can
- Act as though you don't care what they say or do
- Talk to an adult, a friend or someone at home about what is happening
- Tell someone and get help straight away
- Remember it is NOT your fault

DON'T:

- Get angry or fight back – try not to react
- Hit them
- Think it's your fault
- Hide it or keep it to yourself
- Do as the bully says

Everyone here has the right to feel safe and to feel heard.



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



- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or you could end up introuble yourself.
- Tell an adult straight away. Don't stay silent or the bullyingwill keep happening.
- Comfort the person who has been a victim of bullying and tell them to speak to someone.Reassure them that it isn't their fault.

Several Times On Purpose

Himbleton Church of England Primary School and Nursery

Child-Friendly Anti-Bullying Policy 2026-2027

Nurture, Nature, Knowledge

Enabling inquisitive thinkers and inspired learners with kind hearts.



We will all work together to S.T.O.P.bullying



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together
- To believe that everyone has the right to be unique and to be proud of who they are
- To act and understand each other through showing our Christian values of:

Friendship
Perseverance
Truthfulness
Forgiveness
Courage
Respect

What is bullying?

In our school, a bully is someone who deliberately hurts someone more than once, by using words, actions or behaviour which is meant to make them anxious, upset or frightened.

Emotional: Hurting people's feelings, leaving you out, being bossed about
Physical: Punching, kicking, spitting, hitting and pushing
Through a 3rd person: Sending a friend with nasty messages
Verbal: Being teased, name-calling, rude comments
Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture
Written: Receiving nasty notes or messages
Cyber: saying unkind things by text, email or online (including when playing online games)

Bullying is not:

- A single or ongoing 'fall out' with a friend
- An accident
- Something that only happens once
- A one-off physical act of aggression, e.g. pushing someone

Who can I tell when I need a Helping Hand?



We will always treat bullying seriously

We will talk to the bully and explain that they MUST stop being unkind to you.
We will give out warnings or sanctions and will talk to parents.
Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so that you can feel safe and happy in school. Your teacher will check with you to see how things are.