

If you're being bullied:

DO

- Maintain visual contact
- Tell them to go away
- Ignore them
- Walk away
- Remember it's not your fault



DON'T

- Do what they say
- Look upset or cry
- Get angry
- Hit them

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

- Don't walk away and ignore the bullying!
- Let the bully know what's happening.
- Tell the bully to S.T.O.P
- Don't stay silent or the bullying will keep happening.
- Tell a member of staff



Types of Bullying

Ableist bullying: Bullying behaviour about a person's disability and being unkind or cruel about their disability.

Racist bullying: Bullying another person who was born that looks different to



Child Friendly Anti-Bullying Policy

This policy was developed by
Southlands School

Anti-Bullying

you. This is against the law,

What is Bullying?

Bullying is someone who hurts someone more than once by using behavior which is meant to hurt, frighten or upset another person.

Bullying is.....

S . SEVERAL

T . TIMES

O . ON

P . PURPOSE

How can people bully others?

- Verbal
- Physical
- Emotional
- Online (cyberbullying)

Homophobic and biphobic bullying: Bullying another people who are attracted to boys, girls or both.

Transphobic bullying: Bullying based on another person's gender who they want to identify as.

Sexist bullying: Bullying based on sexist attitudes to make people feel bad about themselves because of their sex or gender. Sexist bullying may involve inappropriate sexual behaviours.

Sexual bullying: Bullying behaviour that has a physical, verbal or non-verbal or makes people feel bad or unhappy about themselves.

Prejudicial bullying: Bullying based on views and opinions about others because of who they are, where they live and what they believe in.

Relational bullying: Bullying that makes people feel alone and isolated usually through verbal and emotional bullying.

Socioeconomic bullying: Bullying based on



| | | |
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| | what their house is like, their possessions and how much money they may have. | |
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