

Bullying can be...

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

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling, rude comments

Cyber: Saying unkind things by text, email, messaging, chat rooms, online

Racist: hurting someone because of the colour of their skin, where they come from, which country they were born in or because of their religion.

Appearance targeted: based on someone's appearance, e.g. height, size, disfigurement

What is bullying?

Bullying is the repetitive, intentional hurting of one person by another where there is an imbalance of power. It can happen face to face, through a third person, through messages or on social media.

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Bullying is not:

- A friendship fall out
- An accident
- Something that happens only the one time
- A one off physical or verbal act of aggression



***Belonging, Believing, Building
to be the best we can be for
ourselves and for others.***



**Anti-Bullying
Leaflet**

**Designed by School
Council 2025**

If you are being bullied:

- Ask them to stop
- Ignore them
- Find a member of staff
- Walk away
- Talk to a friend, parent or another adult at home

Don't:

- Do what they say
- Believe what they say
- Retaliate
- Keep it a secret

If I see someone else being bullied:

- Tell an adult straight away
- Get help
- Tell them to stop
- Don't hide it

If you haven't got anyone to tell, call Childline:



At Bampton CE Primary School and Nursery we want to make sure all children enjoy coming to school and feel safe.

Bullying of any kind is unacceptable in our school.

Adults in school will take bullying seriously and take action to stop bullying.



Prevent bullying:

We can make our school a place where everyone can feel safe and happy by:

- Accepting our differences
- Respecting each other
- Treating others in the way we would like to be treated
- Thinking about our words and actions



