

Our vision and values are at the core of everything we do in school. They underpin our teaching and learning, and provide an environment which prepares us to be confident, happy citizens. Our school values are:

- **C**ourage
- **H**onesty
- **R**espect
- **I**nspiration
- **S**tretching our learning
- **T**hankfulness



Courage – be courageous and say no to bullying

Honesty – always be honest with yourself and when talking with others

Respect – be respectful and kind to one another

Inspiration – we should all inspire to be the best person we can be

Stretching our learning – find out how you might help someone

Thankfulness – saying ‘Thank You’ can mean a lot to someone



BE READY
BE RESPECTFUL
BE KIND

Keep your eyes and ears open for the signs that someone is being bullied or someone is hurting someone else

LOOK
LISTEN
HELP
SPEAK UP

Winterbourne Earls Primary School



Anti-Bullying Leaflet



What is Bullying?

Bullying is when someone picks on another person **on purpose** more than once by using actions or words which are meant to frighten or hurt that person. Bullying does not need to be physical but can also include making another person feel uneasy or sad.

Bullying can be

Emotional – Hurting someone's feelings by

- leaving them out
- laughing at them on purpose
- tormenting them

Physical – Punching, kicking etc.

Verbal – Name calling, teasing, gossiping

Written – Notes, letters, pictures, graffiti

Cyber – Saying unkind things by text or via the internet, including social media

Racist – insulting language/gestures based on a person's actual or perceived ethnic origin

What are the signs that someone might be being bullied?

- Frightened of walking to/from school
- Sad faces, not joining in, stays on their own
- Keeps saying they feel unwell
- Is angry or disruptive
- Doesn't want to talk to anyone
- Starts bullying other people

What to DO if someone is bullying you?

- Ask them to stop and explain why you are upset
- Give them a chance to say sorry and put it right
- Meet them with a grown up
- TELL SOMEONE!

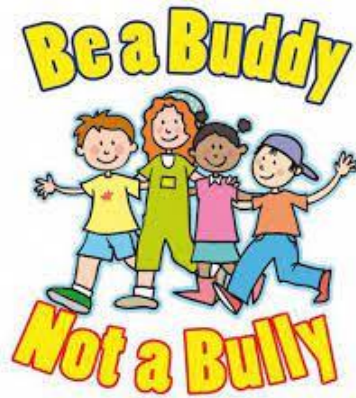
DON'T

- Get angry, hit them or be unkind
- Do what they say especially if you know it's wrong
- Think it's your fault
- Hide that you're being bullied

Remember your ABC's

- Always Be Caring
- Act Because you Care

BE READY, BE RESPECTFUL, BE KIND



What to do if you're worried about someone else:

- Don't walk away and ignore it
- Ask them if they're OK
- Ask the 'bully' to stop
- Don't stay silent – don't wait and worry, tell someone straight away

Who can you talk to:

- A friend
- A member of the School Council
- Georg, our school chaplain, Mrs McEwan, Mrs Carter or any other adult in school who you trust
- A family member

We need to work together:

- To ensure that our school is a place where everyone can feel safe and happy
- To create an environment where everyone is **ready, respectful and kind** to one another because we believe that everyone has the right to be who they are

Adults at school will:

- Be ready to listen
- Help support everybody involved
- Work with families to help make things better