Be kind
Be respectful
Be you!

Studfall Infant Academy

Together we can make a happy, safe and kind school

Bullying stops with us!

What is Bullying?

Bullying is when someone hurts, frightens or upsets another person several times by using behaviour which is meant to hurt, or upset them.



Bullying can be...

Emotional
- Hurting people's feelings
- Leaving you out

Physical
- Punching, kicking, spitting, hitting, pushing

Verbal
- Being teased
- Name calling

Racist
- Calling you racist names

Cyber
- Saying unkind things by text, e-mail and social networking



We are all unique and that's what makes our school special!

When is it Bullying?

Remember the word...

STOP

- **S** Several
- **T** Times
- **O** On
- **P** Purpose

It's not a one off, it keeps happening!

Or...

- **S** Start
- **T** Telling
- **O** Other
- **P** People



Who can I tell?

Talk to:

- A friend
- Mum/Dad or Carer
- Teachers
- Lunchtime helpers
- Any grown-ups that work in school

Child Line: 0800 1111

You can always talk to someone!

Our Promise

At Studfall Infant Academy we promise to:

- Listen when children tell us about bullying
- Take bullying seriously
- Help children feel safe and happy
- Work together to stop bullying
- Celebrate everyone's differences



A kinder school is a happier school!

MOST IMPORTANTLY...

SPEAK UP!

If you are being bullied:

- **S** Start
- **T** Telling
- **O** Other
- **P** People



Bullying stops when we speak up!

Safe Children ♥ Happy Learners ♥ Bright Futures

STOP Bullying!

Everyone deserves to feel safe, happy and respected at school.

Be kind
Be a friend
Make a difference!

If you are being bullied



You CAN:

- STOP — Say "STOP!" if you feel safe.
- Look at the person and tell them to go away.
- Ignore them.
- Walk away.
- Be brave and speak up.
- TELL SOMEONE you trust.

DON'T:

- ✗ Do what they tell you to do.
- ✗ Hit them back.
- ✗ Think it is your fault.
- ✗ Keep it a secret.

Remember: Bullying is NEVER your fault!

If you see someone being bullied



You CAN:

- Don't walk away and ignore it.
- STOP — Tell the person bullying to stop, if it is safe.
- Don't stay silent.
- Tell a trusted adult what you have seen.
- Be a good friend and include others.

Being a good friend can make a big difference!

Our School Promise

All the staff and Academy Council will work together to:



Make our school a place where everyone feels safe, happy and included.



Make sure bullying is not allowed.



Help everyone to get on well with each other.



Celebrate that everyone is different and has the right to be themselves.

Who can help?

It's OK to talk!

Talk to:



Your teacher



A teaching assistant



A lunchtime supervisor



A parent or carer

Any trusted adult

SPEAK OUT ♥ BE KIND ♥ TELL SOMEONE

Together we can make our school a happy, friendly and bully-free place!