



**Godmanchester
Bridge Academy**

Our Anti Bullying Leaflet

What is Bullying?

There is a difference between someone being unkind once and bullying.

Bullying is when someone is being unkind repeatedly. It can happen in school, out of school or on the Internet.

It can be:

- Repeatedly calling someone names
- Physical- hurting someone, interfering with their belongings, demanding money.
- verbal- threatening to hurt someone, Repeatedly calling someone names, making fun of their personal or racial characteristic, achievements, beliefs
- emotional - ignoring and isolating someone, forcing them to do something against their will, hiding someone belongings.



Cyber bullying- when you are targeted by someone using internet or mobile phone. It can be threat, embarrassing pictures,

What should you do if you see a person being bullied?

- Comfort them if they talk to you.
- Tell an adult or teacher.
- Tell the person being bullied to ignore them or stand up to the bully.
- Tell their parent/carer or another trusted adult, if they're not comfortable with doing it.

Who can I tell?

Tell the nearest adult that you see, but make sure you know them.

- Teachers
- Midday Supervisors
- Teacher's assistants
- Family members



Also tell friends that you trust, because if you are unsure about trusting them, they might know the bully and tell them about the discussion.

What should I do if I'm being bullied?

DO:

- Ask them to STOP if you can
- Use eye contact to tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE - take action!

DON'T:

- Do what they say
- Get angry or upset
- Hit them
- Think it is your fault
- Keep it to yourself