



however you feel, ChildLine is here for you.
Call free, day or night on 0800 1111. Or if you're deaf, hard of hearing or speech impaired, textphone 0800 400 222. ChildLine is a service provided by the NSPCC.

Childline is a free telephone number that is open all day, every day. If you find it difficult to talk to an adult at home or school about bullying, they can give you advice about what to do.

Make a NOISE about bullying

#ANTIBULLYINGWEEK

IF YOU ARE BEING BULLIED

- ✓ Stand up for yourself
- ✓ Walk away
- ✓ Don't fight back
- ✓ Tell an adult right away
- ✓ **DO NOT KEEP IT A SECRET**



Anti-Bullying Guide for Children

Surrey Hills C of E Primary School Anti-Bullying Policy can be found on the school website www.surreyhillsprimaryschool.org.uk or you can get a copy from the school office.

We Say bullying is



These things happen again and again

When someone leaves you out on purpose.

When someone calls you nasty names or sends nasty notes about you.

It makes you feel lonely

When you are kicked, punched or hit.

You think you cannot tell anyone



We Say you can

- ✓ Tell any adult in school.
- ✓ Tell your mum and dad.
- ✓ Tell a friend and ask that friend to go with you when you tell an adult.
- ✓ Write it down and put it in the worry box at school.

Other things you can do

- ✓ Stand up for yourself and say.....
"Leave me alone and STOP bullying me"
- ✓ Walk away if the bullying doesn't stop.
- ✓ Stay in a group as the bully is less likely to go near you.



What you SHOULD NOT do

- ✗ DO NOT BLAME YOURSELF – it is not your fault if you are being bullied.
- ✗ DON'T fight back.
- ✗ DO NOT keep it a secret.

Helping Others



If you know someone who is being bullied, make sure that teachers know what is going on. Be their friend and show them you care.

What Will Happen?

- All adults will **listen** to what you have to say.
- All bullying issues are taken very seriously.
- The teacher will talk to everyone involved.
- Parents will be told.
- All bullying issues will be dealt with by the Head Teacher and Senior Leadership Team.

Action will be taken to support and deal with:

- the person being bullied
- the person doing the bullying.

BULLYING IS WRONG

