



St. Andrew's CE Primary School Pupil Anti- Bullying Guide

What is bullying?

At St. Andrew's, a bully is someone who deliberately uses behaviour which is meant to hurt, frighten or upset someone more than once.

When is it Bullying?

When it happens '**LOTS OF TIMES, ON PURPOSE!**'

Bullying can be:

Emotional: Hurting someone's feelings, leaving them out, making them feel bad

Verbal: Teasing, name- calling, being threatening, starting and/or spreading rumours or lies

Physical: Pushing, poking, kicking, hitting, biting, pinching

Cyber: Being unkind by phone, text, email and/or through social media

Who can you tell?

- A friend
- A family member
- Head teacher
- A teacher
- A teaching assistant
- Any adult in school
- Someone you trust
- Anybody near you

Friendship is a core value so be friendly to everyone!



Treat everyone with respect!