



## **Saint Edmund's Catholic Primary School**

*'Together we learn and grow through worship and celebration'*

### **Anti-bullying Policy**

**Bullying can happen to anyone – it's what is done about it that makes the difference.**

**Bullying is persistent, it might be:**

- Name calling, teasing or making you feel uncomfortable.
- Making things up or telling lies to get you into trouble.
- Hitting, pinching, pushing etc.
- Taking things away from you.
- Damaging your belongings.

**If you are being bullied:-**

- Try to look confident, even if you don't feel it.
- Don't let a bully know you are upset.
- Try to stay in safe areas at school with other people you trust.
- If you see someone on their own, make friends with them.
- Stand beside the adult on duty.

**Always tell someone; a friend, a teacher, peer mentors, or your parents.**

**IT WON'T STOP UNTIL YOU SPEAK OUT**

**It's not telling tales and you won't get into trouble.**

- If you can't talk about it, write a note.  
You will be listened to and we will work together to make things change.
- Bullies are usually unhappy people. By doing something about your problem you could be helping them too and you may stop them from hurting others.