

# What is a Bystander?

A Bystander is a person who can see someone being bullied. If you are a bystander, talk to trusted adults and don't get involved. If you tell an adult that you trust, then you will become what is called an upstander.

Who can you talk to?

Dad    Uncle  
 Mum  
 Grandma  
 Carer  
 BFF  
 Brother  
 Grandad  
 LSA  
 Teacher  
 Social Worker  
 Police  
 Aunty  
 Sister

# We believe...



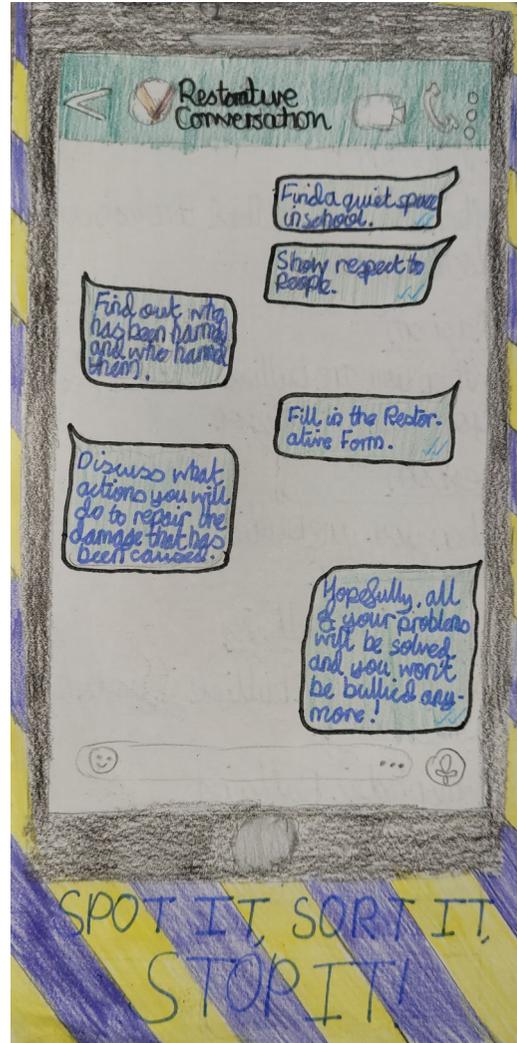
SOMETIMES WE HAVE TO WORK TOGETHER TO GET TO THE TOP!

MAKE a NO! SE about bullying

BE A BUDDY NOT A BULLY!

# Restorative Conversation

If you are experiencing difficulties with your friends, we use what's called a restorative conversation to help you solve the problem. These are usually completed with an adult in school and we find, this is the best way to sort out problems you may be having with others. The process we go through is shown below.



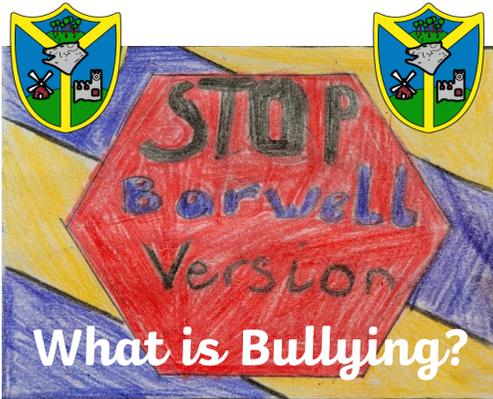
# ANTI-BULLYING

See it Say it Stop it



# Our Policy

EVERYONE  
 Welcome in our school



"In our school, bullying means several times on purpose. It is to hurt people physically, or mentally.

Bullying can have many bad effects that can stay with the victim (the person being bullied forever)" Y6

Several Start  
Times Telling  
On Other  
Purpose People



Bullying is not "galling out" with friends. It is unprovoked and unwanted actions.

## DIFFERENT FORMS OF BULLYING:

### Cyberbullying

When you are bullied through an electronic device.

### Racism

When you are bullied because of your race or religion.

### Sexism

When you are bullied because of your gender.

### Disabilist Bullying

When you are bullied if you have a disability.

### Homophobic Bullying

When you are bullied if you have a different relationship.

# WHAT TO DO?

Tell an adult you trust.

If you witness bullying, don't get involved, find an adult to help.

What do I do if I'm being cyberbullied?

Block the person who's bullying you and tell an adult.

REMEMBER, YOU'RE AMAZING AND UNIQUE. PERFECT ISN'T A WORD!