

## Cyber Bullying

- Don't share any personal information online.
- Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- Never give out your passwords.
- Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- Never use your own photograph but use an avatar instead.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online.
- Respect other people's views. Even if you don't agree with someone else's views, it doesn't mean you need to be rude.
- If you see something online that makes you feel uncomfortable or worried: leave the website, tell a trusted grown-up immediately.



## Our responsibilities:

As children at St. Mary' we:

- 1) Act in a respectful and supportive way towards one another.
- 2) Tell someone if they are being bullied or have seen someone being bullied.
- 3) Support each other and ask for help to make sure that everyone feels safe and nobody feels left out.
- 4) Contact Mrs Myhill, Mrs White, Mrs Henery or Miss Lawrence, if we need someone to speak to.

## Our Lady of the Rosary Catholic Primary School

Christ at the Centre

Children at the heart



Pupil friendly  
Anti-bullying policy

## ABOUT BULLYING...

What is bullying?

- Bullying is intentional (not an accident). A bully hurts someone on purpose.
- Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an accident that happens only once.
- Bullying can be by one person or a group of people.

### Bullying can be...

- **Emotional:** hurting people's feelings, leaving you out, gossiping.
- **Physical:** punching, kicking, pushing, damaging their belongings.
- **Verbal:** name calling, teasing, offensive remarks.
- **Cyber:** saying unkind things by text, e-mail or social media.
- **Prejudice:** racial, religious beliefs, gender, sexuality, special educational need or disability.

## Who can I tell if I'm being bullied?

Use my network hand and select:

- Parents/carers
- A friend
- Teachers
- Lunch time staff
- Any other trusted adults

**MOST IMPORTANTLY:-**

If you are being bullied:

## **Start Telling Other People**

### What should I do if I see someone else being bullied?

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.

## If you are being bullied:

### DO:

- TELL SOMEONE
- Ask them to STOP if you can.
- Se eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the I wish my teacher knew box, if you are too nervous to speak openly about it.
- Talk to a friend.

### DON'T:-

- Do what they say
- Get angry or look upset
- Hit them
- Think it's your fault.
- Hide it.

### What will happen to a bully?

- Teachers will get involved and help you solve problems.
- We will investigate things fully. We will remind the child (or children) that bullying is not acceptable and expect bullying to stop.
- We will follow the behaviour for learning policy and contact parents.