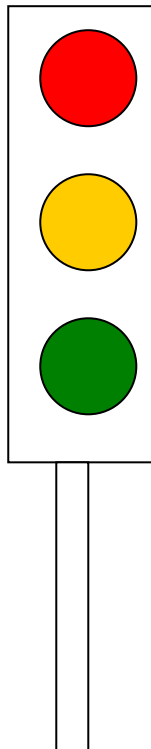


If you are being bullied

DO



- Use eye contact and tell them to go away
- Try to ignore them
- Walk away
- Try to act as though you don't care what they say or do
- Remember it is **NOT** your fault
- Tell someone

DON'T

- Do what they say
- Look upset or Cry
- Get angry
- Hit them

DON'T STAY SILENT. TELL SOMEONE.

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Speak up - don't stay silent or the bullying will keep happening.
- Tell someone!

John T. Rice Infant and Nursery School's Anti-bullying aims:

- We will all work together to **S.T.O.P.** bullying.
- We will make our feel safe and happy.
- We will help everyone:
 - to get on well together
 - respect and understand each other
 - to believe that everyone has the right to be who they are.

◆ This leaflet is part of John T. Rice Infant and Nursery School's Anti-Bullying Policy.

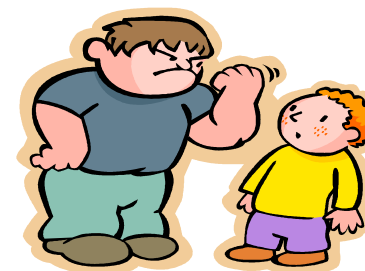
It is available on the school website and copies are available from the school office on request.



Aim high and shine

John T. Rice Infant and Nursery School

Child Friendly Anti-bullying Policy



www.beyondbullying.com

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