

If you're being bullied:

DO

- Use eye contact
- Tell them to go away
- Ignore them
- Walk away
- Remember it's not your fault



DON'T

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

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

- Don't walk away and ignore the bullying!
- Let the bully know what's happening.
- Tell the bully to S.T.O.P
- Don't stay silent or the bullying will keep happening.
- Tell a member of staff



Types of Bullying

Ableist bullying: Bullying behaviour about a person's disability and being unkind or cruel about their disability.





Child Friendly Anti-Bullying Policy

January 2022

This policy was developed by
Southlands School

Anti-Bullying

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| | <p>Racist bullying: Bullying another person who was born that looks different to you. This is against the law,</p> | |
| <p>What is Bullying?</p> <p>Bullying is someone who hurts someone more than once by using behavior which is meant to hurt, frighten or upset another person.</p> <p>Bullying is.....</p> <p>S . SEVERAL</p> <p>T . TIMES</p> <p>O . ON</p> <p>P . PURPOSE</p> <p>How can people bully others?</p> <ul style="list-style-type: none"> • Verbal • Physical • Emotional • Online (cyberbullying) | <p>Homophobic and biphobic bullying: Bullying another people who are attracted to boys, girls or both.</p> <p>Transphobic bullying: Bullying based on another person's gender who they want to identify as.</p> <p>Sexist bullying: Bullying based on sexist attitudes to make people feel bad about themselves because of their sex or gender. Sexist bulling may involve inappropriate sexual behaviours.</p> <p>Sexual bullying: Bullying behaviour that has a physical, verbal or non-verbal or makes people feel bad or unhappy about themselves.</p> <p>Prejudicial bullying: Bullying based on views and opinions about others because of who they are, where they live and what they believe in.</p> |   |

Relational bullying: Bullying that makes people feel alone and isolated usually through verbal and emotional bullying.

Socioeconomic bullying: Bullying based on what their house is like, their possessions and how much money they may have.