

## What to do if you are being bullied

Tell them to stop.

- If they don't stop bullying you, walk away and tell a trusted adult.
- The adults will help to fix the problem and make things better.
- If the bullying still doesn't stop, speak to a trusted adult again and they will speak to the bully and their parents to get things sorted.

### How do we prevent bullying at Woodbury Salterton C of E Primary School?

We prevent bullying by talking in our classes about being kind to each other and showing respect. We also talk about bullying in worship and PSHE (personal, social, health education). It helps us to be friendly with one another. We also try to uphold our school values: creativity, peace, trust, forgiveness, hope, courage, justice, compassion, thankfulness, humility, friendship, respect and reverence, generosity, wisdom, service, perseverance and responsibility. This helps us to know that bullying is bad and it hurts other people. Other people get very sad when they are bullied. If you see any bullying you must stand up and speak out to an adult straight away

## How we beat bullies at Woodbury Salterton C of E Primary School



*Peter 4:10*

*Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.*

## What is Bullying?

In Collective Worship, we have talked about what bullying is.

We have decided that bullying can be spotted by the following things:

- Something done on purpose
- Repeated unkindness
- Making people not feel good about themselves.

Some examples of bullying are:

- Kicking someone and hurting them everyday
- Saying rude words at people
- Taking or moving people's things without permission so that they are sad.

Bullying is not:

- Falling out with your friends
- Something that happens only once
- An accident.

## Types of bullying

Bullying comes in different forms:

### Emotional Bullying

Emotional bullying is when you feel angry or upset when people are doing unkind things all the time.

### Cyber Bullying

Cyber bullying is when you get bullied online. This could be on a game like Roblox where you can chat to people.

### Verbal Bullying

Verbal bullying is saying unkind things to people all of the time. Lying about people doing things and spreading rumours is also verbal bullying.

### Physical Bullying

Physical bullying is hurting someone on purpose. If you kick people in football and pretend it is an accident or hit someone really hard all the time then it is bullying.

## Who can help?

People you can talk to if you think you are being bullied are:

- A friend
- A parent
- A teacher
- Any other adult you trust.

You must tell them what is happening in as much detail as you can and it must be happening all of the time.

No one should be bullied and we pray that all those who are being bullied get justice.

*Proverbs 17:14 The beginning of strife is like letting out water, So abandon the quarrel before it breaks out.*