

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

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

### The Governors and the staff will work together to:

- Make our school a place where everyone can feel safe and happy – that means NO BULLYING ALLOWED
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

### What will happen to a bully?

Adults at school will get involved and help you solve problems. They can talk to your parents and talk to your friends.



### Who can I tell?

- A Friend
- Parents/ carers
- Teachers
- Lunch time staff
- Office Staff
- Any other trusted adult

### Most importantly:

If you are being bullied

### Start Telling Other People



### Hurst Green Infant School and Nursery

Wolfs Wood  
Hurst Green  
Oxted  
Surrey RH8 0HJ

Tel: 01883 712171  
Email: [school@hurst-green.surrey.sch.uk](mailto:school@hurst-green.surrey.sch.uk)

[www.hurst-green.surrey.sch.uk](http://www.hurst-green.surrey.sch.uk)

# Hurst Green Infant School and Nursery

## Child Friendly

## Anti-Bullying Policy



## What is bullying

---

A bully is someone or a group, who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



**Emotional:** Hurting people's feelings, leaving you out and laughing at you, not with you.

**Physical:** Punching, kicking, spitting, hitting, pushing.

**Verbal:** Being teased, name calling, spreading nasty rumours.

**Cyber:** saying unkind things by text, email and online.

**Racist:** Racial comments, gestures and graffiti

## When is it bullying?

---



**S**everal

**T**imes

**O**n

**P**urpose

**We will always treat  
bullying seriously**

**Bullying is NOT...**

A one-off fight, an argument with a friend or a spur of the moment threat or spiteful comment.

## If you are bullied...

---

### **Do:**

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Tell them what they are doing is wrong
- Ignore them
- Walk away
- Use the "Worry Monster" if you are too scared to speak to an adult
- Talk to a friend
- **TELL SOMEONE**



### **Don't:**

- Do what they say
- Get angry or look upset
- Hit them
- Think it is your fault
- Hide it
- Get others involved
- Feel ashamed
- Keep it to yourself