



Newlands Junior School
We are Proud

Anti-Bullying Leaflet

For Parents and Pupils

What is Bullying?

A bully is someone 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 feeling, leaving you out.

Physical:

Punching, kicking, spitting, hitting, pushing.

Verbal:

Being teased, name calling.

Cyber:

Saying unkind things by text, email or online

Silent:

Ignoring, excluding

Racist:

Calling you names because of the colour of your skin.

Homophobic:

Dislike of non-conventional family structures, improper use of the word gay, supports gender stereotypes.

When is it

Bullying is something that happens
times on

Several

Times

On

Purpose



What can you do?

S Stand up to the bully and use words to tell them to stop

T Take appropriate action to get stop the bully

O Open up to a trusted adult.

P Protect yourself

Who can you tell if you see or know someone that is being bullied?

- School – teacher or staff member.
- Parents or someone who looks after you.
- A family member.
- A trustworthy friend.

MOST IMPORTANTLY...

Start

Telling

Other

People

What we do at Newlands Junior School when bullying happens?

- We take every incident very seriously.
- Teachers and the Head teacher get involved.
- Phone calls are made to parents and they may be asked to have a meeting.
- We keep children safe by keeping bullies in at break and lunchtime or provide adults to fully supervise them in school.
- If bullying continues, we will consider short/long term exclusion.

If you are being bullied:-

DO:-

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE
- Don't think it will sort itself out
- Remember it is not your fault



DON'T:-

- Do what the bully says
- Get angry or look upset
- Hit them or fight back
- Think it's your fault
- Hide it

At Newlands Junior School, the Head Teacher, the Governors and Staff work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- Help everyone to get on with each other.
- We believe everyone has the right to be who they are.



Newlands Junior School

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