



Pupil Anti- bullying Guide

What is bullying?

At By Brook Valley, a bully is someone who deliberately uses behaviour which is meant to hurt, frighten or upset someone more than once.

When is it Bullying?

When it happens **'LOTS OF TIMES, ON PURPOSE!'**

Bullying can be:

Emotional: Hurting someone's feelings, leaving them out, making them feel bad

Verbal: Teasing, name- calling, being threatening, starting and/or spreading rumours or lies

Physical: Pushing, poking, kicking, hitting, biting, pinching

Cyber: Being unkind by phone, text, email and/or through social media

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person

Think before you speak!

Who can you tell?

- A friend
- A family member
- Head teacher
- A teacher
- A teaching assistant
- Any adult in school
- Someone you trust
- Anybody near you

Friendship is a core value so be friendly to everyone!



Treat everyone with respect!