

Cyber Bullying

Cyber bullying is when people say unkind or threatening things to you by text, email, on social media or over the internet.

Here are some ways you can stay safe online:

- 1) Don't share any personal information online.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- 3) Never give out your passwords.
- 4) Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- 5) Never use your own photograph but use an avatar instead.
- 6) Remember that not everyone online is who they say they are.
- 7) Think carefully about what you say before you post something online.
- 8) Respect other people's views. Even if you don't agree with someone else's views it doesn't mean you need to be rude.
- 9) If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.
- 10) If anyone says anything that makes you feel sad or upset, block them from contacting you and tell an adult.

At St Barnabas Primary School we believe any form of bullying is completely unacceptable.

We want OUR school to be bully FREE.

We want children to be able to come to school feeling happy and safe.

We want people to respect each other and get on well together.



Our responsibilities

As children at St Barnabas Primary School we:

- Act in a respectful and supportive way towards one another.
- Take responsibility for telling someone if we are being bullied or have seen someone being bullied.
- Support each other and ask for help to make sure that everyone feels safe, and nobody feels left out.
- Contact Miss Sheppard, Mrs Cornelius or Mrs Newbolt if we need someone to speak to.



Child friendly ANTI-BULLYING POLICY



ABOUT BULLYING...

What is Bullying?

- Bullying is intentional (not an accident). A bully hurts someone on purpose.
- Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- Bullying can be by one person or a by a group of people.

Bullying happens
Several
Times
On
Purpose

Bullying can be.....

- Emotional: Hurting people's feelings, leaving you out, gossiping.
- Physical: Punching, kicking, pushing, damaging their belongings.
- Verbal: Name calling, teasing, offensive remarks.
- Cyber: Saying unkind things by text, e mail or social media.
- Prejudice: Racial, religious belief, gender, sexuality, special educational need or disability.

Who can I tell if I am being bullied?

- Parents/carers.
- A friend.
- Teachers.
- Lunch time staff.
- Any other trusted adult.



MOST IMPORTANTLY:-

If you are being bullied:

What to do
Start
Telling
Other
People

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

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

If you are bullied:

DO:

- ☒ TELL SOMEONE
- ☒ Ask them to STOP if you can.
- ☒ Use eye contact and tell them to go away.
- ☒ Ignore them.
- ☒ Walk away.
- ☒ Add a note in your class worry monster if you are too nervous to speak openly about it.
- ☒ Talk to a friend



DON'T:

- ☒ Do what they say.
- ☒ Get angry or look upset.
- ☒ Hit them.
- ☒ Think it's your fault.
- ☒ Hide it.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.