If you are being bullied you could:

- Ask them to stop if you feel you can.
- Ignore them, even though this can be hard.
- Walk away.
- Tell your friend.
- Tell your teacher.
- YOU MUST TELL SOMEONE.

If you are being bullied DO NOT do the following things:

- Think it's your fault
- Hide it.
- Keep quiet.
- Copy what they are doing.
- Get angry.

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

- Tell an adult straight away, this could be at home or at school.
- Do not try and get involved as you could get hurt as well and sometimes this could make things worse.
- Make sure you tell somebody, the longer you keep quiet the longer the bullying continues.

At Coppice we do our best to:

- Make our school somewhere happy and safe and that means no bullies or bullying is allowed.
- Make sure everybody gets on with each other and sort any problems out quickly. We believe everyone has the right to be themselves.

What will happen to a bully?

A bully will be spoken to by their teacher, the head teacher and the pastoral team.
The parents of all children involved will then be called into school and the head teacher will decide what the best thing to do is.

Coppice Primary School and Nursery

Child Friendly Anti-Bullying Policy.

What is Bullying?

At Coppice, we believe that bullying is when someone or a group of people deliberately try and hurt, frighten or upset somebody several times. It can be seen as 'chipping away' at you.

There are different types of bullying

Emotional: Hurting somebody's feelings. They may leave you out.

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

Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, email or social network sites.

Racist: Calling you names because of the colour of your skin/religion you follow/ sexual orientation / disability/ culture/ prejudice or gender differences.

When is it bullying?

We promise to ALWAYS take bullying seriously.

I think it might be happening to me/my friend but who can I tell?

- A friend
- A teacher
- The head teacher
- Your parents
- Your brother/ sister
- The school buddies
- The lunch time staff
- Our pastoral Lead
- Office Staff
- Teaching assistants
- Any trusted adult!

It doesn't matter who you tell just make sure it is a responsible adult that can help!