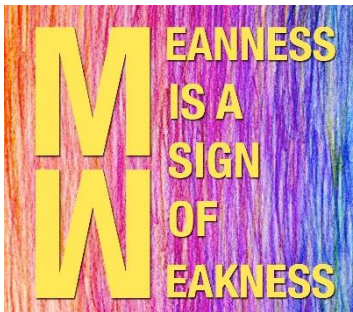
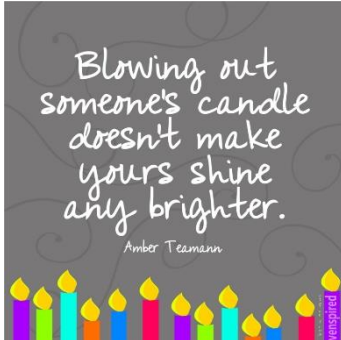


How can we put an end to bullying in our school?



Be Kind
Words don't
Rewind
#ENDBULLYING



Who can help me?

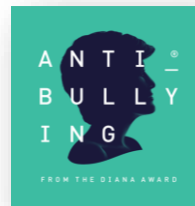
- Always ask for help from a trusted adult, at school or at home
- Ask your Anti-Bullying Ambassadors, we are always here to help
- CEOP – CEOP is a police run help service and most websites have their report button. If you feel concerned about something online, click the CEOP button. CEOP.police.uk



- Childline is a website and helpline run by NSPCC that offers advice and support for young people

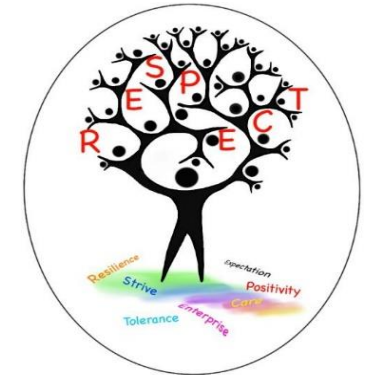


- The Diana Award provides free 24/7 support across the UK. If you are a young person and need someone to talk to, you can text DA to 85258



Resilience Expectations Strive Positivity
Enterprise Care Tolerance

Saltersgate Junior School



Here is our pupil-friendly Anti-Bullying Policy. This was created by the Junior Leadership Team (JLT) to support well-being and to help put an end to bullying.



Why we are against Bullying?

Everybody has the right to be treated with respect

Everybody has the right to be happy and feel safe.

Bullies need to learn different ways of behaving.

No-one deserves to be a victim of bullying.

If bullying happens in our school, we will help everyone to make it stop.

Bullying of any kind is unacceptable in our school.

STOP
BULLYING
STAND UP. SPEAK OUT.



What is Bullying?



is it
BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**



Bullying can be

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, hitting or pushing.

Verbal: Being teased, name calling.

Written: Unkind letters and notes.

Cyber: Saying unkind things online.

What is the Difference between bullying and a Friendship Fallout?

Bullying is the repetitive, intentional hurting of one person or group by another person or group. It involves an imbalance of power and can happen face to face or online.

A friendship fallout is something that does not happen every day, it happens when you disagree about something (like the rules of a game), it happens once or twice and then you make up as friends