



Howitt Primary Community School

Anti-bullying Leaflet for Pupils



2022 -2023

Contents:

Feeling safe and happy at school



1. What is bullying?
2. Who can you talk to if you're worried?
3. What can you do if you are upset?
4. If you are bullied:
5. What should I do if I see someone else is being bullied?
6. Our school values
7. School Council

What is bullying?



In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Bullying



Friendly



Bullying can be.....

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

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

Verbal: Being teased, name calling.

Racist: Calling you racist names.

Cyber: Saying unkind things by text, e-mail and social networking.

Who can you talk to if you're worried?

If you are worried about some thing you can talk to your friends because they are always around. You can also talk to Mrs Pilling, your headteacher, your teachers or teaching assistants, Mrs McBean, midday supervisors and helpers. They will listen to you and try to sort out any problems.

You can talk to our Family Liaison Worker Claire Metcalf. You will see her in school.

You can also speak to your Playground Friend or Pupil Leadership Team

What can you do if you are upset?

Talk to your friends.

Talk to teachers or Mrs Pilling

Talk to Mrs McBean or Claire

Talk to dinner staff.

Go to the friendship stop.

Talk to your Playground Friends

Talk to your Mum, Dad /Carer

Talk to an adult.



If you feel that 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
- use the worry box if you are scared to talk openly about it
- talk to any adult
- tell your friends
- **TELL SOMEONE!**

DON'T:-

- do what they say
- get angry or look upset
- hit them
- think it is your fault
- hide it

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

- don't walk away and ignore the bullying
- tell an adult about what they have seen
- tell the bully to stop if it is safe to do so
- don't stay silent or the bullying will keep happening



Our School Values

Howitt Primary children are ACE!

Achieve their best

Care for others

Enjoy learning



All our staff want to make sure you are happy and safe in school.

We believe everyone has the right to be who they are.



School Council



Having a School Council ensures that the pupil voice is heard. Look out for your class representatives and share your views with us on anti-bullying!



Let's make Howitt Primary Community School
a
happy place!



Achieve, Care, Enjoy

