



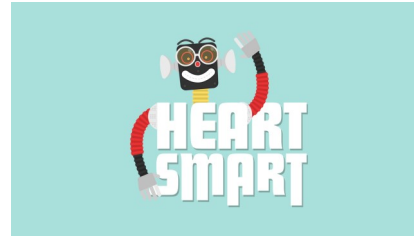
At Tarporley, we believe:

Sometimes people can be unkind. That is wrong, but BULLYING is when it happens **time and time again**.

**S**everal  
**T**imes  
**O**n  
**P**urpose

Bullying is always wrong as it can make a person feel upset or frightened.

If you think you are being bullied, or you are worried someone else is being bullied, **SPEAK OUT!** Tell an adult you trust in school or at home.



To make sure everyone feels valued and everyone has a voice, we follow these principles— the HeartSmart High Five!

- Don't Forget to Let Love in!
- Too Much Selfie isn't Healthy!
- Don't Rub it in, Rub it Out!
- Fake is a Mistake!
- 'No Way Through' isn't True!

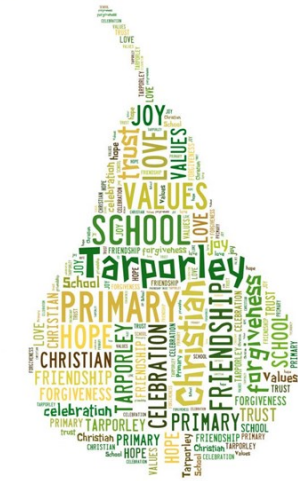
The message behind HeartSmart is loving ourselves and loving others.



Tarporley CE Primary School

# Anti-bullying Guide for Pupils

TARPORLEY C OF E PRIMARY SCHOOL



OUR CHRISTIAN VALUES

LOVE, FRIENDSHIP, TRUST, HOPE, FORGIVENESS, JOY & CELEBRATION

# Bullying: What it is and what to do if it happens



## What is bullying?

Bullying is behaviour either by one person or a group where someone is hurt or their feelings are hurt. This behaviour is repeated over time. This could be name-calling, saying other unkind things, leaving people out, kicking or hitting and telling lies about someone.

## Types of bullying

### Physical

Throwing something at someone, tripping someone up on purpose, taking or breaking someone's belongings, biting, pulling hair, punching, kicking, hitting, pushing, pinching, pulling, spitting and rude hand signs.

### Emotional

Embarrassing someone, making someone feel small, insulting them with unkind words, mimicking, name-calling, swearing and teasing.



### Silent bullying

Pulling faces, ignoring someone, leaving someone out, telling others not to speak with or play with that person, spreading rumours or lies about that person and seeing bullying happen but doing nothing to stop it.

### Cyber bullying

Texting mean comments, unkind phone calls, silent phone calls to scare someone, posting unkind or embarrassing messages on social media and sending hurtful photos to other people.

## What should I do if I'm being bullied?

Speak up. Bullying is never okay. Tell an adult you trust in school or at home who will listen and will help to solve the situation.