

What should I do if I see someone being bullied

- Ask the person to stop
- Ask if the person being bullied is ok
- Speak to an adult
- Have COURAGE

HAVE
COURAGE
AND
BE
KIND

What if I think I am being bullied?

DO

- Ask them to STOP if you can
- Ignore them
- Walk away
- Tell an adult

DON'T

- Do what they say
- Hurt them back
- Think it is your fault
- Hide it
- Copy their behaviour

Ashton House Prep School

Anti-Bullying Policy



School Council

Anti-Bullying Ambassadors

2023 - 2024

What is bullying?

Bullying is when someone hurts or upsets someone else and:

- it is repetitive
- it is intentional
- it can be done by one person to another person
- it can be done by a group to one person
- it can be done by a group to another group
- it can hurt your feelings

What is NOT bullying

- Someone accidentally hurting you once
- Someone calling you a name once
- Having an argument with someone

Bullying can be...

Type	Examples
Physical	Hitting Pinching
Verbal	Name calling Talking behind your back
Emotional	Leaving someone out Forcing you to be involved Making threats
Online (cyberbullying)	Messaging online Online games Reporting for no reason Excluding

Why we should not bully

- We want people to be happy at school
- We want people to like our school
- It is not fair to bully others
- Not fair for others to bully you
- We do not want people to be left out

**BE
KIND**

