

## Bullying is not OK.



Everyone deserves to feel happy, safe and looked after.

Bullying is **not** kind.

Bullying is **not** trying your best.

Bullying can make people feel lots of different emotions:

- Sad
- Angry
- Lost
- Lonely



(and many more)



## What do Acorn Park do?

We teach all pupils about how to be a good friend.



We have lessons on bullying to make sure all pupils understand what bullying is and that it is not OK.



We have the SWIFT team who are available for pupils if they need to speak to someone outside their class (if their class team isn't available).



# Acorn Park

A pupil friendly  
Anti-bullying leaflet

**Always be kind**  
**Always try your best**

We care  
We grow  
We strive  
We thrive

## What is bullying?

Bullying is when a person is being horrible to someone on purpose and more than once.

Some examples of bullying are:

- Hitting (punching, kicking, pushing)
- Spitting
- Calling people names
- Nasty looks
- Racists, homophobic, transphobic or sexist remarks
- Spreading rumours
- Peer pressure (putting pressure on someone to do something they may not want to)
- Cyber bullying (being unkind online – apps, websites, forums, email etc)



## What can I do?

I am being bullied

If you are being bullied.

Do:

- **Tell someone**
- Ask the bully to stop (if you can)
- Tell them to go away
- Walk away
- Ignore them

Don't:

- Don't do what they say
- Don't hit them
- Don't copy them
- Don't think it's your fault
- Don't hide it

If you see someone else is being bullied.

Do:

- **Tell someone**
- Ask the bullying to stop (if you can)
- Support the person being bullied
- Help them tell someone

Don't:

- Don't keep it secret
- Don't argue with the bully
- Don't hit the bully
- Don't copy the bully (don't bully the bully)

## Who can I tell if I am being bullied?

- Your class team
- Your parents
- The SWIFT team
- Staff at Acorn Park
- Any other trusted adult
- A friend (and they can help you tell a trusted adult)



These people will do their best to support you and stop the bullying from happening.

## What will the staff do?

1. Offer you support and reassurance
2. Investigate the situation and make sure everyone understands that bullying is not OK
3. Follow the behaviour ladders to make sure the bully knows their behaviour was not kind and not trying their best.
4. Talk to parents to make them aware of the situation



