

What is bullying:

In our school, a bully is someone who hurts someone more than once. This could be:

- Physical (hitting, kicking)
- Hurting someone's feelings using unkind words, leaving them out or teasing
- Online through sending unkind messages to you or about you to others
- It could be about our differences when they are used to make us stand out e.g. about our appearance, hobbies or religion



What to do if you are being bullied:

- Tell an adult (the adults in your class, your parent or family member)
- Talk to a friend who you trust
- Ask them to STOP if you can
- Ignore them
- Walk away (and find help!)
- Write in the worry box in class
- Don't hit back or get angry/upset at the bully

What to do if someone else is being bullied:

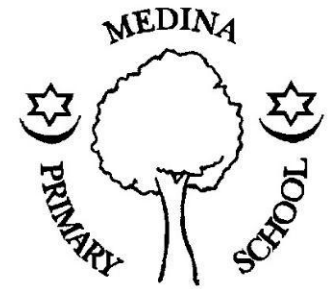
- Tell an adult!
- Do not get involved with the bully yourself but stay with the child being bullied.
- Don't stay silent or the bullying will keep happening!

What teachers and staff will do:

- Teachers will get involved and help!
- The bullying will be investigated – the children involved will be talked to and parents will be contacted.
- The staff will expect the bullying to stop and all the children feel safe and happy.

Other places you can get help and advice:

This policy will be reviewed in November 2026



'Our Anti-Bullying Policy'

Written by the children of Medina