

If you are bullied:

DO:

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Walk away
- Ignore them

But always:

- **TELL SOMEONE**

DON'T:

- Don't hit them back
- Don't swear or say anything back
- Don't fight back
- Don't ask someone to hurt them back

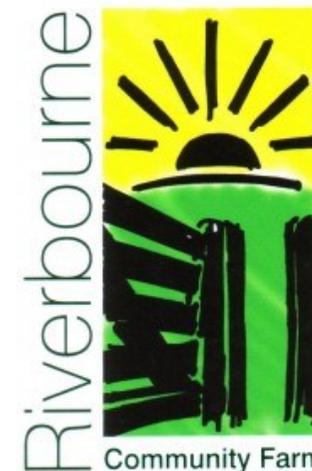


What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying
- Let the bully know what they are doing is wrong
- Tell the bully to stop if it is safe to do so
- Don't stay silent or the bullying will keep happening
- Don't lose your temper

The Teachers, Support Staff and Volunteers and Staff at River Bourne Community Farm will work together to:

- Make our farm a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get along with each other and we believe that everyone has the right to be who they are.



River Bourne Community Farm



Child-Friendly Anti-Bullying Policy

January 2015

What is Bullying?

On the farm we think of a bully as someone who hurts someone several times, by using a behaviour which is meant to hurt, frighten or upset another person.

It can be constant or a one-off event

Types of Bullying

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, email and social networking

When is it Bullying?

- When someone keeps hurting your feelings
- When you hurt someone's feelings (eg name calling)
- When someone teases you or when they make you upset every day

Think **S.T.O.P.**

Several

Times

On

Purpose

Who can I tell?

- A friend
- Mum/Dad
- Teachers
- Volunteers on farm
- Staff
- Any grown-ups who you know on the farm



If you are being bullied:

Start

Telling

Other

People