What is bullying?

Bullying is repeated physical or verbal actions taken by one or more children with the deliberate intention of hurting another child, either physically, mentally or emotionally.

Why say 'NO' to Bullying?

We all want Dartford Primary Academy to be a **safe** and **secure** place where we can all learn without anxiety

Say NO to Bullying at DPA

ChildLine
0800 1111

www.childline.org.uk

Keeping Safe

At Dartford Primary Academy

Dartford Primary Academy

IF you are BULLIED by someone….

DO

- Tell someone-tell a friend, a grown up at school, someone in your family.
- DO let other people know how you feel.

DON'T

- DON'T keep it to yourself.
- DON'T be ashamed.
- DON'T pretend it's ok.

SAY

- SAY "I don't like it when you do that"
- SAY "You're not the boss of me"
- SAY to somebody else "I need some help"

IF you have BULLIED someone else….

DO

- DO let other people know what you have done so they can help you sort it out-tell a friend, a grown up at school, someone in your family.
- DO let other people know how you feel.
- DO make better choices.

DON'T

- DON'T keep it to yourself.
- DON'T be ashamed.
- DON'T pretend it's ok.
- DON'T keep behaving in the same way.

SAY

- SAY to somebody else "I need some help"
- SAY "Sorry" for the bad choices you made.
- SAY to yourself "I'm going to make better choices"

IF you see BULLYING happening….

DO

- DO tell someone else what you have seen- tell a friend, a grown up at school, someone in your family.
- DO let other people know that it's NOT ok to behave like that.
- DO let the person being bullied know that you will help.

DON'T

- DON'T keep it to yourself.
- DON'T join in.
- DON'T watch and join in.

SAY

- SAY to somebody else "I need to tell you about something I've seen"
- SAY to the person who is being bullied "Are you ok"
- SAY to the bully "I don't like it when you do that"