

Learning and Growing

We work together to help build confidence, develop social skills, create a sense of worth as an individual and as part of a community.

At our school children see themselves as part of a community, that they are responsible for their own choices and actions.

We value each other and always speak the truth.

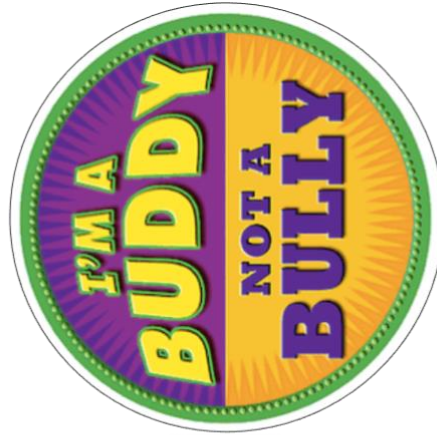
Our aim is for all children to develop empathy and to manage how to react to their feelings.

Supporting children to form and maintain positive relationships through a restorative approach is...

'What we do around here'.

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Rushen Primary School

A child friendly
Anti-Bullying Leaflet



What is Bullying



"Bullying is unwanted, aggressive behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time"
(stopbullying.gov)

Bullying is when someone hurts someone else by using behaviour which is meant to hurt, frighten or upset another person.
This behaviour is repeated frequently.



- Physical:** Punching, pushing, kicking,
- Verbal:** Name-calling, sarcasm, spreading rumours, teasing, abuse and threats
- Emotional:** Hurting people's feelings, leaving you out, demanding things by threat or force

Bullying is something that happens several times on purpose.

At Rushen Primary School we always take bullying seriously.

Several Times On Purpose

What will school do?

We will all work together to **STOP** bullying. We want our school to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying in our school, we will help everyone:

- ✓ To get on well together
- ✓ To respect and understand each other
- ✗ To believe that everyone has the right

BULLYING IS NEVER OK!

What can you do?

In our school we do not accept any sort of bullying. If you think you are being bullied you should tell a **teacher** or **adult in school**, a **parent/carer** or **trusted friend**.

START TELLING OTHER PEOPLE

Do...

- Use eye contact and tell them to stop.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.

Don't...

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



What if you see someone else being bullied?

Don't...

- Walk away and ignore the bullying.
- Stay silent.

Do...

- Tell someone who can help.
- Tell the bully to STOP if it is safe to do so.



Cyber: saying or sharing unkind things by text, email and online

