



LYONSDOWN SCHOOL
ANTI BULLYING POLICY
APPENDIX 1

Years 3-6 Anti-Bullying Leaflet

**This leaflet is presented to the EYFS and Years 1 and 2
in an age appropriate manner**

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Signed: Ms Andrea Morley (Chair of the Board)

Bullying

Information for children



What is bullying?

- Bullying is hurtful behaviour
- It is deliberately carried out
- It is usually repeated over time
- It involves an imbalance of power, which makes it hard for those being bullied to defend themselves.

We call these the “4 Ps” – painful, planned, persistent and power-based.

Types of bullying

- Physical – where someone hurts you on a part of your body.
- Verbal – where someone says unkind things to you
- Indirect – people are purposefully leaving you out of activities, or talking about you.
- Cyber – where bullying happens via the Internet, or phone messaging, for example.



Remember!

Everyone is different; you should be proud of who you are!

Treat others the way you would like to be treated and you'll find making friends is easy.

Being bullied?

What can you do?

- Stay calm
- Take a deep breath and stand proudly – use positive body language
- Walk away from the situation.

This might make the bully stop because they get bored if you don't react.

If it carries on:

- Speak firmly to the bully: say 'stop doing that', 'go away', 'leave me alone', 'don't bully me'.
- Think about strategies you have discussed in class, such as fogging, positive thoughts and negative enquiry.



If it still carries on:

IT IS IMPORTANT TO TELL A GROWN-UP

Tell someone in your network of special people:

- Your parents
- Any grown-up in school
- A friend who will help you to speak to a grown up

Remember!

PLEASE tell any grown-up who you feel comfortable talking to.

DON'T keep it a secret because it may not stop until you ask someone for help.

Everyone needs help sometimes – don't be frightened or embarrassed to ask.



NO ONE HAS THE RIGHT TO BULLY YOU

Useful info:

www.childline.org.uk

www.bullying.co.uk

www.kidsmart.org.uk

www.bullying.org

Childline: 0800 11 11 11