



Litton Primary School

Our Anti Bullying Promise



At Litton CE Primary School we will treat each other kindly, fairly and with respect. We will not tolerate bullying or unkind behaviour.

What is bullying?

For something to be bullying it has to have happened **Several Times On Purpose**. Bullying is intentional (not an accident) and repetitive. A bully hurts someone on purpose over and over again; it isn't an incident that happens only once. Bullying can be by one person or a group of people.

There are 4 types of bullying

- **Physical bullying** involves hitting, shoving, pushing, tripping, and other kinds of force.
- **Verbal bullying** involves hurtful comments, name-calling, teasing.
- **Social bullying** involves using friendships to hurt someone. ...
- **Cyberbullying** happens over mobile phones or the internet.

If you are a victim of bullying, you have a right to...

- Know that it is not your fault
- Be able to tell someone how you are feeling
- Be listened to

If you bully someone, you must understand that...

- You are making someone else unhappy
- You will be punished
- Your parents will be told

If you are a witness to bullying, it is important to...

- Tell someone what you see or hear
- Not feel that you should join in

If we care for each other and respect each other's feelings, we can make sure that everyone can come to school and not be afraid or worried about the actions of others.