



Tranmere Park Primary School
Be Yourself Be Your Best Be Team Tranmere

We believe that everyone in our school has a right to feel safe, happy and secure.

Bullying:-

- is hurting someone on purpose
- is making someone feel unhappy or scared
- is when it is hard for those being bullied to it stop happening

Bullying can be.....



Lying & spreading rumours
Leaving someone out on purpose
Telling others not to be friends with someone
Embarrassing someone in public
Damaging someone's social reputation or relationships



Name calling
Insults
Teasing
Intimidation
Homophobic or racist remarks
Inappropriate sexual comments
Taunting
Threatening to cause harm



Posting/sending hurtful texts emails posts, images or videos
Making online threats
Imitating others online or using their log-in
Deliberately excluding others online
Spreading nasty gossip or rumours



Hitting, kicking, pinching
Spitting
Tripping/pushing
Taking or breaking someone's things
Making mean or rude hand gestures

We will....

- respect everyone
- look out for each other
- tell an adult if you or anyone else is being bullied
- Always use appropriate language and especially when referring to someone's race, gender, religion, sexuality, belief and ability.

You can....

1. Tell your parents, teachers, friends, or a member of school council
2. Not retaliate to bullies. This can make you as bad as the bully. However, be assertive and stand up to the bully and let them know that what they are doing is wrong
3. Know it is not your fault

Together we are stronger!

