**Types:s of bullying**

* **Cyber bullying** **-** cyber bullying is when someone is bullying someone online e.g sending mean and insulting messages through gaming or messages on social media.
* **Physical bullying -** physical bullying is when people punch, kick, hit, spit at, or push you. It might be forcing someone to give their belongings or taking without permission.
* **Emotional bullying -** emotional bullying is when someone hurts your feelings by saying mean or horrible things. It can be through giving someone horrible ‘looks’ or excluding them from groups.
* **Verbal bullying –** verbal bullying is when people tease you or call you names e.g. because of how you look or for your beliefs.

**What is bullying?**

**S**everal

**T**imes

**O**n

**P**urpose





**What We Do At   
Sutton Veny if Someone Is Feeling Bullied**

* At Sutton Veny, when someone feels they are being bullied a special form called a safeguarding form helps to look after the children in the school.
* An adult might write a special message in the staff book, which all the adults read each morning. It will ask the staff to ‘Keep An Eye On’ the children involved.
* The adults will keep checking with you to see how things are going.
* Your teacher and Mr Lewis may speak to you, your parents and the other children involved to try to help and support everyone.
* The staff will think of ways to help you feel better and solve the problem.



Start

Telling

A

Range of

Trouble sorters

**What to do if You are Feeling Bullied**

1. Try talking to the person who you think is bullying you. Use the **‘A, B, C’** procedure:

**A-**’Please stop……..’ (Describe the problem)

**B**-‘It makes me feel………’ (Describe the effect it is having)

**C-‘**If you carry on I will have to…….’ (Describe the action you will take e.g Tell a teacher)

1. Tell your friends- a problem shared is a problem halved.
2. Tell a family member, or any adult at school.
3. Ask someone to talk for you, School Councillor or a Year 6 monitor.
4. Write a note and put it in the worry box for your teacher to see.
5. Tell any adult in school so they can keep an eye on you and the person