

## Cyber Bullying



- 1) Don't share any personal information online.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- 3) Never give out your passwords.
- 4) Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- 5) Never use your own photograph but use an 'avatar' instead.
- 6) Remember that not everyone online is who they say they are.
- 7) Think carefully about what you say before you post something online.
- 8) Respect other people's views. Even if you don't agree with someone else's views it doesn't mean you need to be rude.
- 9) If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.



## Our responsibilities

As children at Cherry Tree Primary School we:

- Act in a respectful and supportive way towards one another.
- Tell someone if we are being bullied or have seen someone being bullied.
- Support each other and ask for help to make sure that everyone feels safe, and nobody feels left out.
- Contact your Teacher, Teaching Assistant or another adult if we need someone to speak to.



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# Cherry Tree Primary School

*Learning Together, Learning for Life*

## Child Friendly ANTI-BULLYING POLICY



# ABOUT BULLYING...

## What is Bullying?

- Bullying is intentional (not an accident). A bully hurts someone on purpose.
- Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- Bullying can be by one person or by a group of people.



## Bullying Can be.....

- **Emotional:** hurting people's feelings, leaving you out, gossiping.
- **Physical:** punching, kicking, pushing, damaging their belongings.
- **Verbal:** name calling, teasing, offensive remarks.
- **Cyber:** saying unkind things by text, email or social media.
- **Prejudice:** racial, religious belief, gender, sexuality, special educational need or disability.



## Who can I tell if I am being bullied?

Use my network hand and select:

- Parents/carers
- A friend
- Teachers
- Peer Mediators
- Lunch time staff
- Any other trusted adult



MOST IMPORTANTLY:-

If you are being bullied:

**Start Telling Other People!**



## What should I do if I see someone else is being bullied?

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.



## If you are bullied:

DO:-

**STOP!**

- TELL SOMEONE
- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a friend.



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it and keep quiet.



- **What will happen to a bully?**
- Teachers will get involved and help you solve problems.
- We will investigate things fully. We will remind the child (or children) that bullying is not acceptable and expect bullying to stop.
- We will follow the behaviour/sanction ladder and contact the child's parents.