



# Gainsborough Primary & Nursery School

## Pupil Anti-Bullying Leaflet

It's Bullying  
when it happens ...

**S**everal  
**T**imes  
**O**n  
**P**urpose

This is what you  
should do ...

**S**tart  
**T**elling  
**O**ther  
**P**eople

### Bullying can be ...

**Physical:** punching kicking,  
spitting, hitting or pushing.

**Emotional:** Hurting  
people's feelings, leaving  
people out

**Racial or Religious:** Calling  
people names or being  
unpleasant to people  
because of their race, skin  
colour, cultural heritage or  
religion

**Cyber:** saying unkind things  
by text, email and on the  
internet

**Written:** letters, notes,  
graffiti

**Verbal:** being teased, name  
calling

**Sexual:** unwanted or  
inappropriate touching or  
rude comments

**Homophobic:** treating  
people badly because they  
are homosexual or using  
homophobic language as a  
form of insult eg calling  
someone gay

## OUR RESPONSIBILITIES

To do our best

To think about how others feel.

To look after each other, not just our friends but everyone in school.

To be honest

To talk to a trusted adult when things are difficult.

To listen to other people and to the adults trying to help us.

## OUR RIGHTS

We all have the right to feel safe and to not feel afraid.

We have the right to know our feelings matter

We all have the right to an education.

We all have the right to be happy and enjoy school.

We have the right to be heard

## What we do in our school when bullying happens ...

We take immediate action to make sure the bullying stops and everyone is safe.

We take bullying seriously and always listen.

We always report bullying to parents

We support all the children involved.

We work with children who have bullied to change their behaviour.