

If you are bullied:

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a school buddy or peer mentor.
- Get help.
- TELL SOMEONE.



DON'T:

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

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

**The Principal,
Teachers & Staff at KES
will work together to:**

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- Help everyone to get along with each other. We believe that everyone has the right to be who they are.

Killington Elementary School



Child Friendly Anti-Bullying Policy

What is Bullying?

In our school a bully is someone who hurts someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt another person.



Bullying can be.....

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Racist: Graffiti, calling you racist names.

Cyber: Saying unkind things by text, e-mail and msn messenger.

When is it bullying?

Several

Times

On

Purpose



We promise to always treat bullying seriously.

Who can I tell?

A Friend
Mom/Dad
Siblings
Teachers
School Staff
Coaches
Any Other Adult

MOST IMPORTANTLY
If you are being bullied:

Start

Telling

Other

People!

